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October 2010
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THE season's best

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- **Cooking** with fresh pears
- **Cute & kid-friendly** Halloween menu
- **DIY** fruit & veggie chips

37 healthy, satisfying recipes

Natural Rx apple cider vinegar

SOUTH AMERICAN SQUASH AND VEGETABLE RAGOÛT, p. 64

+

2010 FOODIE AWARDS!

114 editors' picks: the ultimate grocery list

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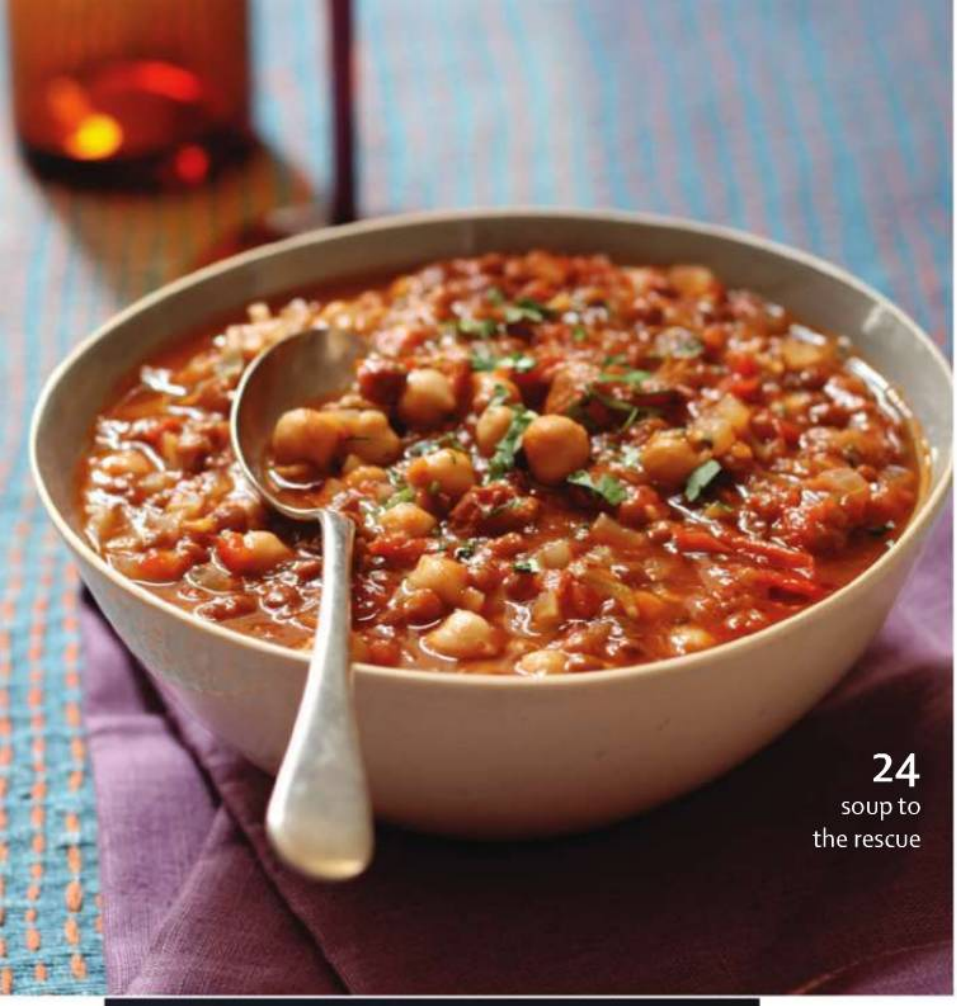

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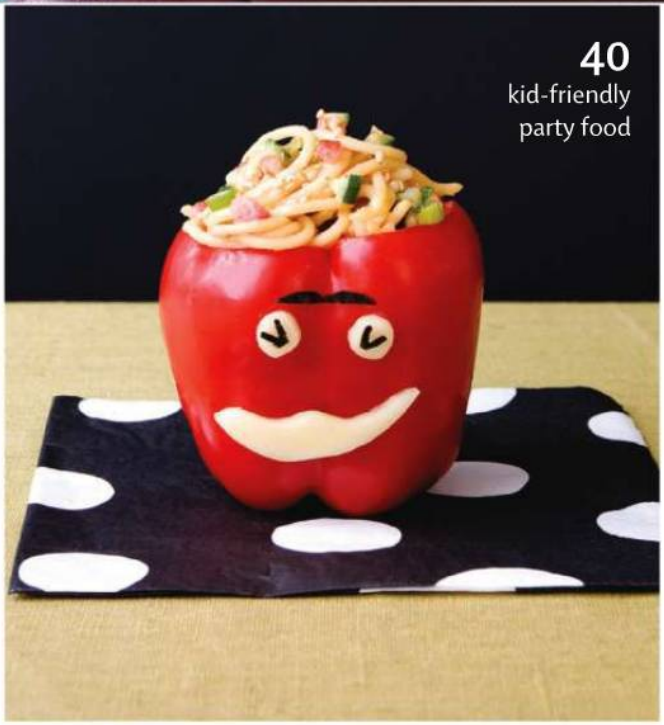

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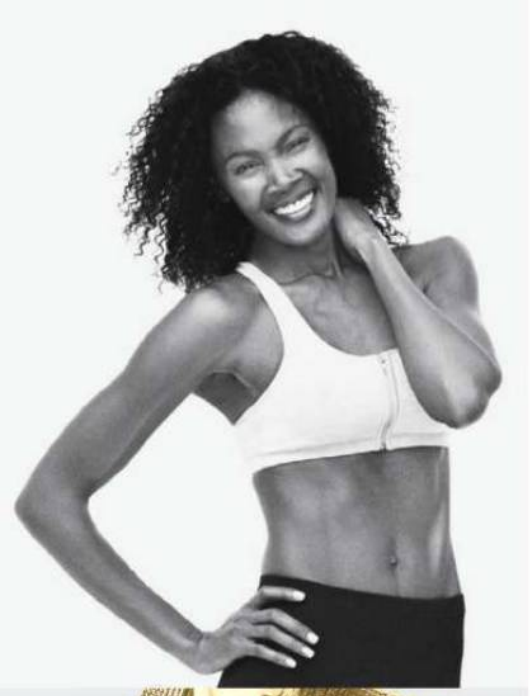

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the list

When autumn temperatures start to dip, my squirrel instincts kick in with a vengeance. All I want to do is lay in some tasty supplies for the chilly days and nights ahead. (This means my kitchen gets well stocked before the heavy holiday spending season begins.)

If, like me, you're in the market for a few great cooking staples, healthful snacks, and sweet indulgences, you won't want to miss the final results of our 2010 Foodie Awards. This year's list of editors' and readers' favorite grocery buys represents months of tasting and debating by the food-obsessed *VT* staff. After narrowing down the choices to 114 editor-approved items, we invited readers to weigh in on vegetariantimes.com.

Boy, did you deliver! More than 100,000 votes were cast in 30 categories to determine the best of the best. See the entire list—editors' nominations and readers' top picks—in "The Essential 30," on page 54.

Enjoy!

Elizabeth Turner

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contributors

Lisa Leconte
Recipe Developer,
"Boo-licious!," p. 40

What did you discover while on this assignment?
I enjoyed the challenge of putting together multiple recipes for one party. I often focus on one lunch at a time, so it was interesting to make things that were cute and complementary that kids would enjoy.

What's your No. 1 grocery splurge?
Terra Chips. I love the colors and different flavors. But like any chip, I can't eat just one.

What's your favorite piece of cookware?
Anything that saves me time. I especially love my rice cooker and slow cooker. Nothing beats loading up those bad boys and letting them do the work while I tackle something else—or nothing at all!

Romulo Yanes
Photographer,
"1 Food 5 Ways: Poblano Chiles," p. 72

Who or what inspires you most?
Paris. I want to be there every chance I get.

What fruit or veggie best describes you and why?
That would have to a passion fruit ... need I say more?

What's your favorite piece of cookware?
It's a toss-up between my pressure cooker and my Cuisinart immersion blender. They go hand in hand for making quick, delicious soups.

What's your No. 1 pantry staple?
Rice. You can always turn it into a meal!

Write your memoir in six words:
Food happens. Be there to enjoy.

Ann Gentry
VT Executive Chef and Recipe Developer,
"A World of Vegetarian Delights," p. 60

Who or what inspires you most?
My children. Their curiosity and spontaneity are infectious.

What's your most treasured family food tradition?
Making pancakes or waffles together on lazy weekend mornings.

What fruit or veggie best describes you and why?
Garnet yam—versatile, hard-working, and not bad to look at!

Write your memoir in six words:
You really are what you eat.

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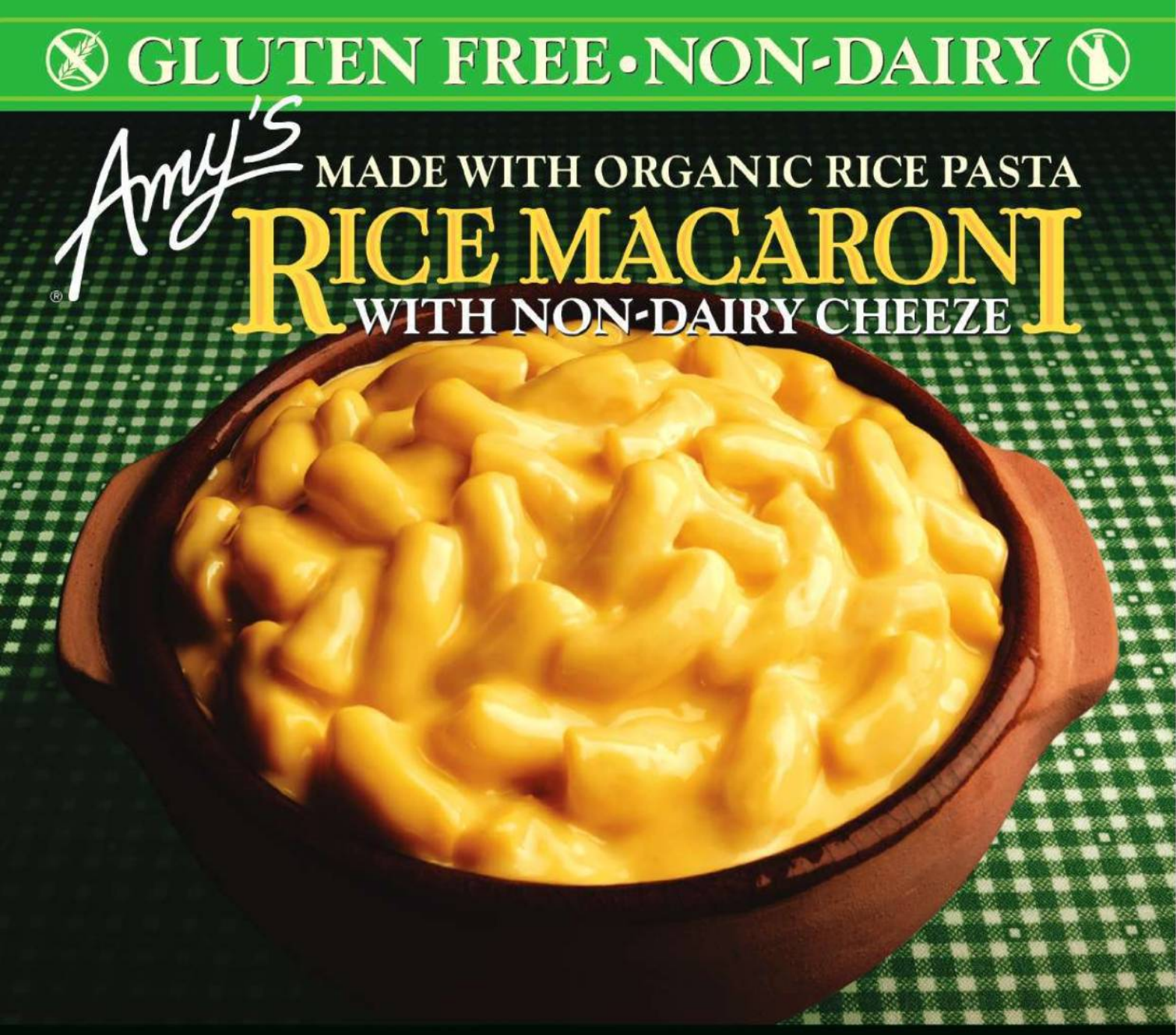

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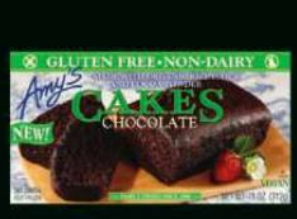

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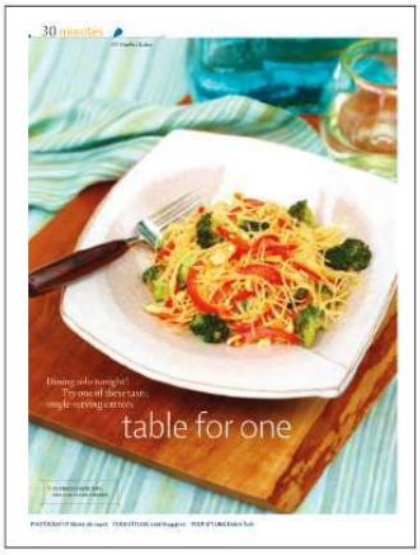

letters

SINGLE-SERVING SATISFACTION

I am a vegetarian, my wife is not. We each cook our own meals and eat together when we can. Please continue to offer single-serving dishes, such as those in the July/August issue ("Table for One," p. 30). They were delicious, and I've already gotten several "the next time you cook that, I'd like some too!"

DOUGLAS R. THOMPSON | HYATTSVILLE, MD.

Madhu Gadia's Eggplant Parmesan (p. 32) was perfectly delicious. I don't really understand the point of cooking for one, though. Better to double the recipe and have leftovers. I also wanted to thank you for featuring recipes from *Supermarket Vegan*, by Donna Klein ("Simply Sublime," May/June, p. 26). OMG! This is a great cookbook. Most magazines have regular book reviews, but this was different. I really appreciate the share.

VICI GRAY | RENO, NEV.

A TASTE OF THAI

I'm writing to let you know how glad I was to find "Passport to Flavor" in the July/August issue (p. 72). Not too long ago, I was invited to dine at The Vegan Joint in Los Angeles with a friend who likes to eat there because "their yellow curry is to die for." Seeing him relish every bite of the dish inspired me to find a recipe to make at home. After doing some research, I concluded it would be too complicated to get all the ingredients together and come up with a homemade, shrimp-free paste, so I scrapped the idea. Then came my next issue of *VT*, and the article with the illustration of the girl at the spice market. I was delighted to discover that Mae Ploy curry paste is veggie. When the day of the test run came, my friend's comment was "Yummy, yummy, yummy!" Thanks a million, *VT*!

CELESTE DICKINSON | LOMA LINDA, CALIF.

For the Record: The recipe for Mediterranean Veggie Burgers in our July/August issue ("Party on the Patio," p. 62) omitted the instructions for when to add the onion-garlic mixture. It should be added right after the sun-dried tomatoes.

FAB 5 **We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:**

1. Crispy Kale Chips, p. 36
2. Baked Chile Rellenos with Smoky Tomato Sauce, p. 74
3. Pear Tarte Tatin, p. 67
4. Tangy Carrot-Apple Salad with Cider Vinaigrette, p. 23
5. Crostini with Sun-Dried Tomato Aïoli, Smoky Peppers, and Roasted Corn, p. 64

Send your letters to: editor@vegetariantimes.com

tell *vt*

What food or cooking practice really spooks you out, and why?

I'm tempted to preserve the millions of tomatoes my hubby grows, but I'm nervous about the canning process. I don't want to poison us. —ALICIA

Learning how to use a wok kind of scares me. I'm not sure whether or not it's at the right temperature, when to stir things around, or what utensils to use. Help me wok it out. —CONNIE

It sounds juvenile, but I really struggle with crêpes. They always stick or fall apart, and I just can't make them work. —BRENNA

Baking at altitude. I live at 9,000 feet, and cookbooks usually only show adjustments for 3,000 to 5,000 feet. I have a list of adjustments, but they don't always work. Anything that has yeast is impossible, and if it rises, it's always a test of luck—even cookies. —MICHELLE

Anything that requires a rolling pin is a nightmare for me. Pie crusts, crackers, cookies ... I roll them too thick or too thin, or the dough sticks to the counter, or the recipe says two dozen and I'm lucky to get 10 total. I'm a rolling pin reject. —BECKY

Cooking eggplant. I just never seem to get it right, and my family is scared to try a dish if I tell them it has eggplant. —MICHELLE

next question:

What's your favorite food or dish for fighting a cold?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

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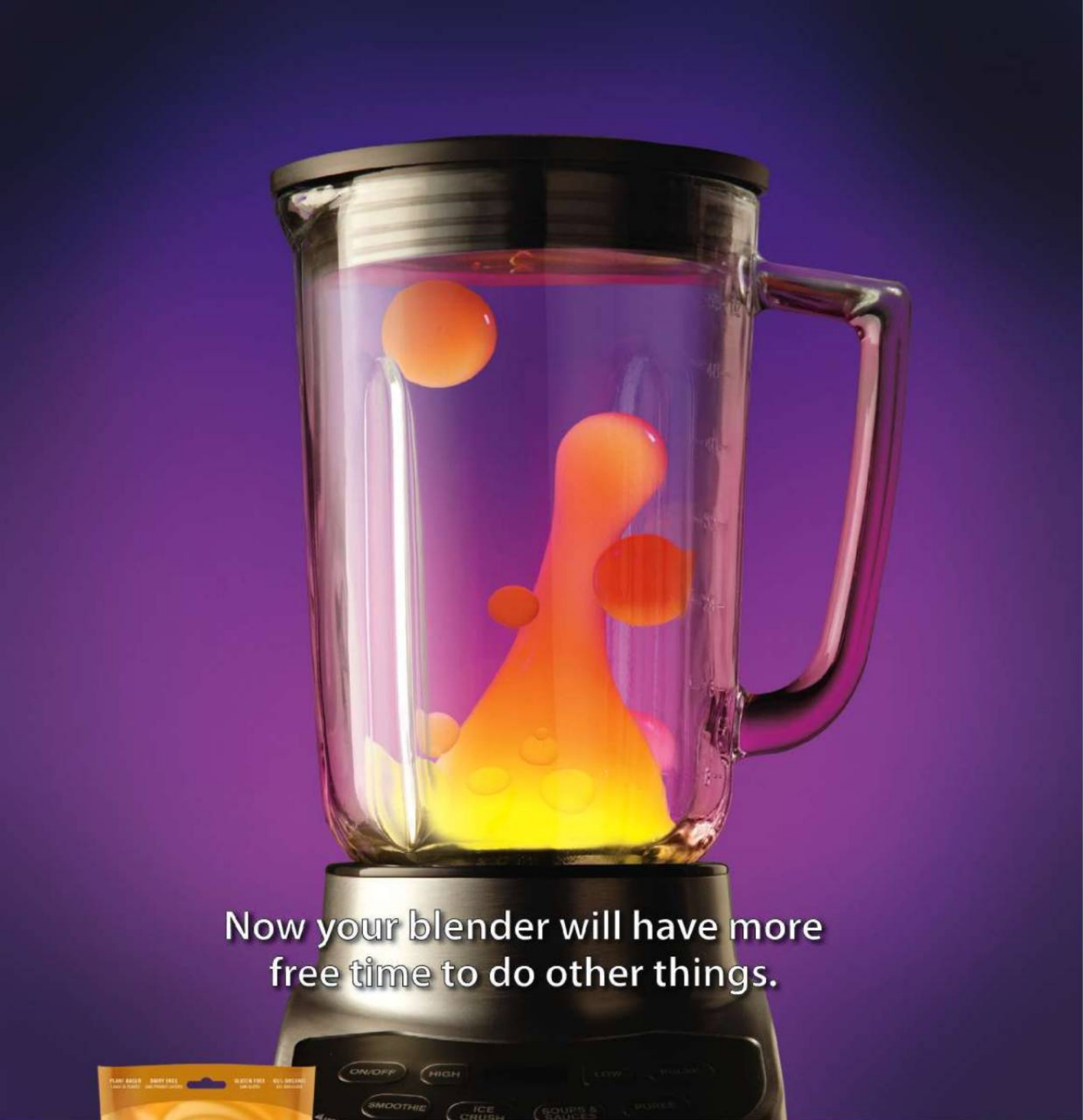

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EDITED BY Amy Spitalnick

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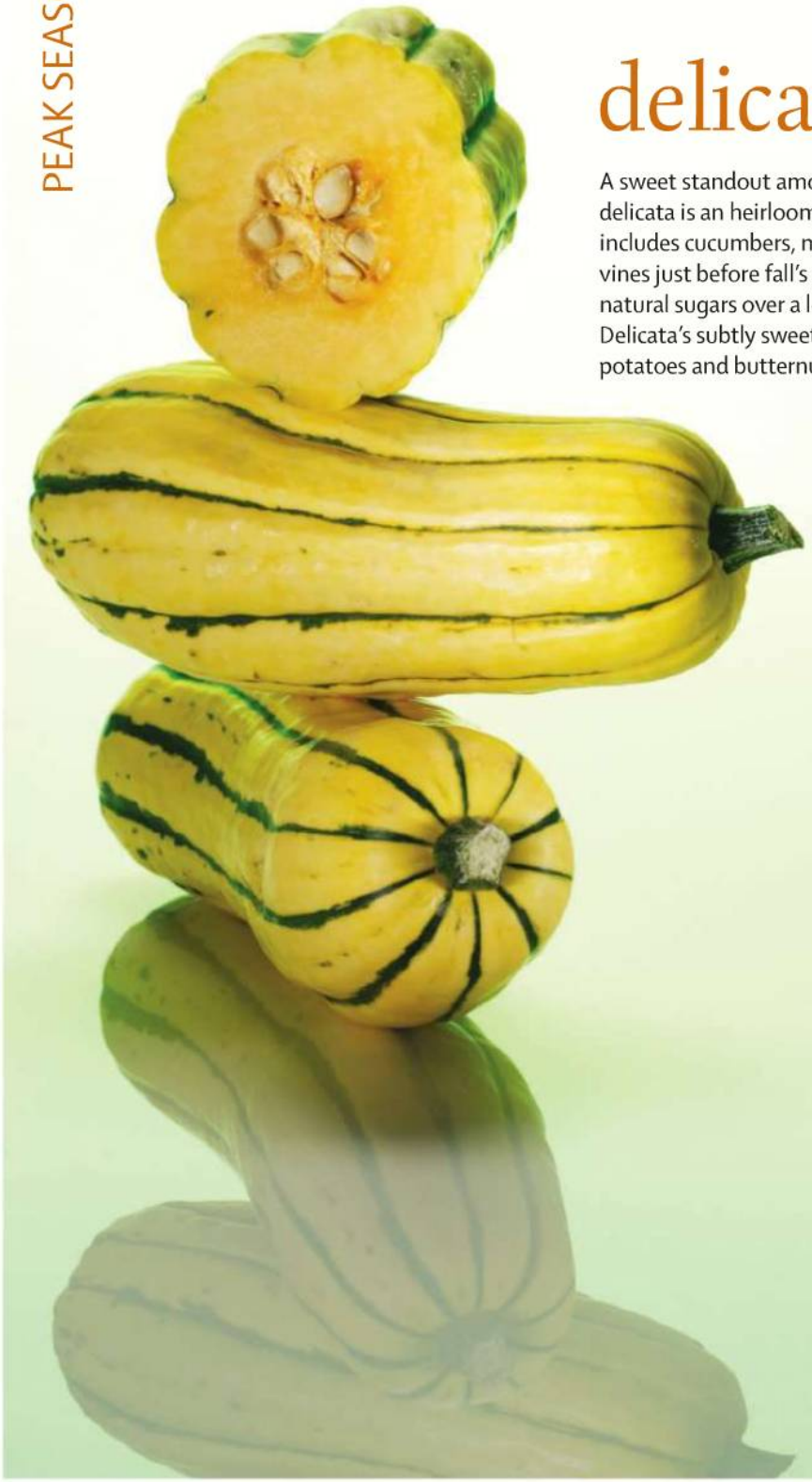

delicata squash

A sweet standout among the bounty of winter squashes, delicata is an heirloom variety of the *Cucurbita* family, which includes cucumbers, melons, and zucchini. Harvested from vines just before fall's first frost, delicata squash develops its natural sugars over a lengthy, four-month growing season. Delicata's subtly sweet flavor is reminiscent of sweet potatoes and butternut squash.

HOW TO SELECT & STORE

Choose squashes that are heavy for their size and firm to the touch, with no soft areas. Avoid those with skin showing dark spots, cracks, or discolorations. Delicata squash can be stored whole in a cool, dry place for a few weeks. After cutting, refrigerate for up to four days. No need to peel the skin—it's edible.

PREP TIPS

The easiest way to prepare delicata squash is to halve it lengthwise with a chef's knife and bake it at 350°F, cut-side down, for 45 minutes. Scoop seeds before or after baking. The seeds are also edible; after cleaning them of pulp, toast them in a 350°F oven for 15 to 20 minutes, or until golden.

TRY THIS!

- Stuff baked delicata halves with wild rice, dried cranberries, and walnuts.
- Bake until tender, mash, and top with sage-infused oil and toasted hazelnuts.
- Simmer raw chunks in coconut milk, lime juice, ginger, and Indian spices.
- Combine with caramelized apples, onions, and garlic in a creamy, puréed soup.
- Dip thin pieces of delicata and other autumn vegetables in tempura batter, and deep-fry until golden. —ELLIOTT PRAG

MIKE LORRIG

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bee alert

[MEDIA WATCH]

Playing a lead role in the Bee the Change national campaign to promote honeybee health, the documentary feature *Vanishing of the Bees* takes viewers on a global search into what's causing colony collapse disorder—a scourge afflicting bee populations. Interviews with eyewitnesses to the unfolding disaster make the case that survival of fruit and veggie crops depends on bees and other imperiled pollinators. Still, the film isn't a total downer; it also offers hope in the form of constructive strategies. Learn more at vanishingbees.com.

ÉRIC TOURNERET

ask a chef

Browsing the specialty produce section of your local grocer, you may be intrigued by a leafy green veggie whose stalks display clusters of broccoli-like buds. We asked Claire Criscuolo, RN, founder and proprietor of Claire's Corner Copia, in New Haven, Conn., for tips on preparing broccoli raab.

"Broccoli raab is incredibly versatile: it can be chopped and added to a fall vegetable soup, tossed with pasta, or served as an entrée with white beans. For the benefit of those who object to its assertive, peppery-mustardy taste, the first thing I do is to smell a bunch of it—if it smells especially strong, I blanch it in a small amount of lightly salted boiling water for just a minute, then drain it, reserving the water for a soup. My favorite way to cook broccoli raab is Sicilian style, in homage to my father, who is of Sicilian descent."

Broccoli Raab, Sicilian Style

SERVES 4 | 30 MINUTES OR FEWER

- 2 Tbs. extra virgin olive oil
- 5 cloves garlic, sliced
- 1 chopped tomato, or 12 halved cherry tomatoes
- 1 tsp. fennel seeds
- ¼ tsp. red pepper flakes
- 1 big bunch (16 oz.) broccoli raab
- Sea salt, for sprinkling

1. Heat oil in a large skillet over medium heat. Add garlic, tomato, fennel seeds, and red pepper flakes. Stir frequently for a few minutes, until the tomatoes soften and the garlic is golden but not burned.
2. Blanch, then drain the broccoli raab. Add to skillet—careful, it splatters—and sprinkle with sea salt. Toss skillet contents to coat with oil.
3. Cover, and cook about 3 minutes, then toss again to cook evenly. Cover, and continue cooking for another minute or two.
4. Taste for doneness; it's ready when tender to your preference.

PER 1-CUP SERVING: 107 CAL; 4 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 231 MG SOD; 3 G FIBER; 2 G SUGARS

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VEG ON DEMAND

Are veg meal delivery services worth it? I tried three that deliver nationwide. (For less energy-intensive delivery services, check your local listings.) Here are the details, including input from nutritionist Reed Mangels, PhD, RD, an adviser to the Vegetarian Resource Group; she suggested adding fresh fruits and veggies to all plans. —MIKKI HALPIN

CYRIL CABRY

	DIET-TO-GO diettogo.com	NU-KITCHEN nu-kitchen.com	GOBBLE GREEN gobblegreen.com
NUTS & BOLTS	Vegetarian plan has a 5-week cycle—all meals listed online in advance. Local pickup available in some areas, or weekly delivery of frozen. Choice of 1,200- or 1,600-calorie plans. $83.99–$139.99/week.	Lets you choose from several vegetarian options for 3 meals/day plus 2 snacks. NK200 plan offers 1,500 or 2,000 calories/day, delivered daily to your door. NK200 plan: $294/week.	Vegan meals delivered frozen every week. Plans available that base calorie levels on individual needs. You can also buy items à la carte from Gobble Green's online store. $49.75–$187.50/week.
SAMPLE FARE	**Breakfast** Homemade Cinnamon Bar **Lunch** Black Bean Soup **Dinner** Stuffed Shells with Spinach Sauce	**Breakfast** Vidalia Onion Scones **Lunch** Greek Bulgar **Dinner** Grilled Vegetables and Hummus on Whole Grain Baguette **Snacks** Tuscan White Bean Salad; Fruit Salad	**Breakfast** Banana Pancakes **Lunch** Signature Vegetable Soup **Dinner** "Meat" Loaf with Steamed Vegetables **Dessert** Chocolate Chip Cookie
ACCOUNTING FOR TASTE	Imagine the worst hospital or airplane food you've ever had.	More variety than the other two plans. Mostly hits with just a few misses.	Inventive and tasty, but certain items (e.g., lasagna, brownie) didn't survive defrosting and reheating as well as others.
DIETITIAN WEIGHS IN	"The nutritional information provided was skimpy, compared with the other plans. The 1,200-a-day plan would be appropriate only for a very small woman."	"This plan was relatively high in fat, with 40 percent or more of calories coming from fat on some days. You could avoid those higher-fat days by adjusting your meal choices."	"With a vegan diet, I always recommend supplementing with B12 or eating foods fortified with vitamin B12."
BOTTOM LINE	Relatively low in price, but just not tasty. I ended up going off the plan to eat.	Expensive, but the convenience and variety made me feel like I had a personal chef.	The most personalized program (including a nutrition consult for certain plans); with the least amount of packaging, it was also the most eco-friendly.

NATURAL Rx

PROBLEM: Bronchitis

SOLUTION:
South African Geranium

THE SCOOP: Zulu healers in South Africa call the native geranium plant (*Pelargonium sidoides*) "umckaloabo," which is the combination of two words, *umkhuhlane* (fever and cough-related illness) and *uhlabo* (chest pain related to pleurisy). The plant's roots appear to contain antibacterial and immune-boosting substances able to help combat acute bronchitis. A recent study written up in *Current Medical Research & Opinion* found significantly improved symptoms, such as coughing and chest pain, in patients taking geranium compared with those given a placebo. What's more, the geranium group spent less time in bed and returned to work sooner.

WHAT TO LOOK FOR: Peter Bongiorno, ND, a New York–based naturopath, recommends taking 30 drops of standardized liquid extract three times a day for two weeks. People usually start feeling better within a week, he says. —RACHEL DOWD

Try: Nature's Way Umcka ColdCare, $14.99/1 oz.; naturesway.com

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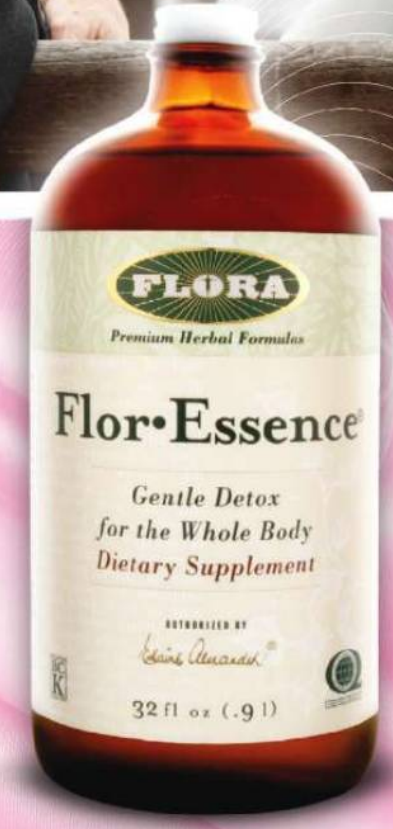

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RAYON RICHARDS

Claude Kelly's not sure how he acquired the moniker Studio Beast. There's a good chance it sprang from his writing monster pop hits for the likes of Michael Jackson, Britney Spears, and Kelly Clarkson. A vegan who splits his time between Los Angeles and his hometown, New York, Kelly, 29, took a break from a packed recording schedule to chat with *VT*.

—MICHAEL KAMINER

Q Some people go vegan overnight, while for others it's more of a process. How did it happen for you?

A For me, veganism was a natural progression. I didn't like meat when I was younger, and gave it up bit by bit. As I got older and developed a worldview, I also learned about the health benefits, as well as animal rights.

Q A recording studio is an intimate environment. How do you deal with it if someone you're working with questions your eating habits?

A Very rarely is it an uncomfortable thing. If they're open to it, I have them try what I'm eating. They always say, "This tastes amazing."

Q If "Studio Beast" were an actual beast, what kind of animal would he be?

A [laughs] A bear. Bears are warm and cuddly when they have to be, and ferocious when they have to be.

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BY Elizabeth Barker

WONDER FRUIT

Sweeten your body care with fig-infused beauty finds

Fleshy figs are rich in natural humectants, which aid skin in retaining moisture; plus, the sugar found in figs helps lock in the moisture, says Canyon Ranch Corporate Beauty Director Laura Hittleman. Oil extracted from fig seeds smooths skin further.

1. Its recipe inspired by hammam, the age-old Turkish cleansing ritual, RED FLOWER TANGERINE FIG BUTTER CREME ($52/5.8 oz.; redflower.com) lavishes skin with emollients and mood-lifting essential oils.

2. The fig seeds in LUSH FIGS AND LEAVES SOAP ($7.60/3.5 oz.; lush.com) provide gentle scrubbing action, while a creamy mix of fig extracts, aloe vera, and coconut and ylang-ylang oils helps heal dry skin.

5. Light and velvety, AMALA DETOXIFYING BODY OIL ($28/1.7 oz.; amalabeauty.com) joins fig extract with a host of skin-toning natural oils, such as juniper berry, myrtle, and hyssop.

3. Organic fig lends sweet fragrance to LANATURA GREEN FIG SOY THERAPY SHOWER GEL ($17/9 oz.; lanatura.com), a white-tea-infused body wash that restores moisture as you lather up.

4. Slathering on BIDWELL BOTANICALS CRANBERRY FIG SHEA BUTTER SUGAR SCRUB ($19/8 oz.; bidwellbotanicals.com) leaves skin polished and perfumed with the scent of its featured fruits.

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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Our Vegan Palette includes the shadows shown here: Half Baked, Half Baked, Chocolate Baked, Gunmetal, Minx and Smog, plus Zero and Eyeliner Pencil. Enjoy in good conscience.

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BY Matthew G. Kadey, RD RECIPE BY Mary Margaret Chappell

apple cider vinegar

Pucker up for a dose of healthfulness

HOW IT HEALS Pulverize apples into a slurry of juice and pulp, allow the slurry to ferment so that the fruit sugar converts to acetic acid, and you have a folk remedy for a laundry list of ailments. By helping break down proteins and other nutrients, apple cider vinegar may in fact improve digestion, says Bastyr University associate professor and certified nutritionist Jennifer Adler. Also, a study in the journal *Annals of Nutrition & Metabolism* found that adding 2 teaspoons of apple cider vinegar to a meal containing carbohydrates reduced postmeal blood glucose in healthy people by about 20 percent; the vinegar appears to slow the release of sugar into the bloodstream. "This may confer protection against diabetes and spur weight loss," Adler says. The cobweb-like substance—referred to as the "mother of vinegar"—that you see floating in the fluid is believed to contain most of the cider's nutrients, enzymes, and beneficial bacteria. According to Adler, these bacteria may help boost the immune system. To best reap the brew's medicinal benefits, Adler recommends purchasing raw unpasteurized apple cider vinegar.

Supplement Savvy

On the go? Don't like the taste of vinegar? As a dietary supplement for digestive and blood sugar support, take one or two tablets (450 to 600 milligrams) of apple cider vinegar per day, with food.

PHOTOGRAPHY Mike Lorrig PROP STYLING Andrea Kraus

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EAT IT UP Apple cider vinegar's bright, crisp taste and more-than-a-hint-of-tart flavor work well with lentil soups, slaws, baked beans, braised cabbage, and roasted winter squash. "Bean salads and cooked whole grains also take well to apple cider vinegar's tang," says Adler. Or try the cider in a hot or cold beverage lightly sweetened with natural honey or agave syrup.

To improve digestion and blood sugar control, Adler suggests mixing 2 tablespoons of apple cider vinegar with 1 cup of water and imbibing before meals. Due to its acidity, apple cider vinegar can burn the esophagus, so adequate dilution is a must.

Tangy Carrot-Apple Salad with Cider Vinaigrette

SERVES 4

- 1½ Tbs. apple cider vinegar
- 1 small clove garlic, minced (½ tsp.)
- 2 cups grated carrots
- ½ red apple, diced (½ cup)
- ¼ cup sliced green onions
- ¼ cup chopped fresh parsley
- ¼ cup chopped dried cranberries
- 1 tsp. agave nectar or honey
- 1 Tbs. olive oil
- 2 cups baby spinach leaves

1. Combine cider vinegar and garlic in small bowl. Let stand 15 minutes.
2. Stir together carrots, apple, green onions, parsley, and cranberries in large bowl.
3. Whisk agave nectar and oil into cider vinegar mixture. Add to carrot mixture; toss to coat. Season with salt and pepper, if desired. Cover, and chill 2 hours, or overnight. Serve salad on bed of spinach leaves.

PER SERVING (½ CUP SALAD PLUS ½ CUP SPINACH): 103 CAL; 1 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 18 G CARB; 0 MG CHOL; 61 MG SOD; 3 G FIBER; 11 G SUGARS

Canada-based food writer Matthew G. Kadey, RD, prefers sour to sweet.

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BY Donna Klein

soup to the rescue!

The shortcut to sensational suppers (still) boils down to soup

MOROCCAN LENTIL STEW WITH RAISINS, p. 26

Back in the 1950s and '60s, quick-and-easy recipes featuring canned soup—think tuna-noodle and green bean casseroles—were all the rage. Yummy comfort food? Sure. Healthful and veg? Not usually.

Enter the new generation of ready-to-eat soups. Sold in eco-friendly, shelf-stable, BPA-free boxes, they're often lower in fat, sodium, and calories than their canned counterparts. With modern-day flavors such as butternut squash, black bean, and portobello mushroom, the dishes you can make with these soups are anything but old-fashioned.

PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: NATACHA ARNOULT; PROP STYLING: JAMES DAY

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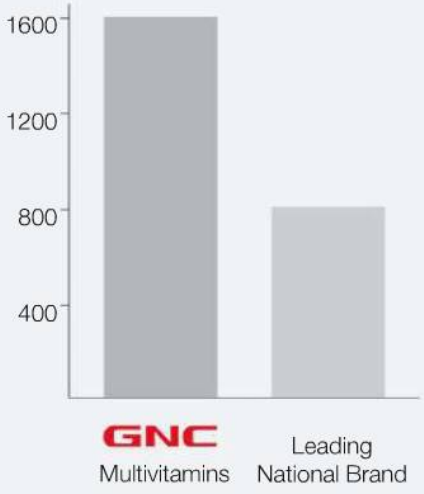

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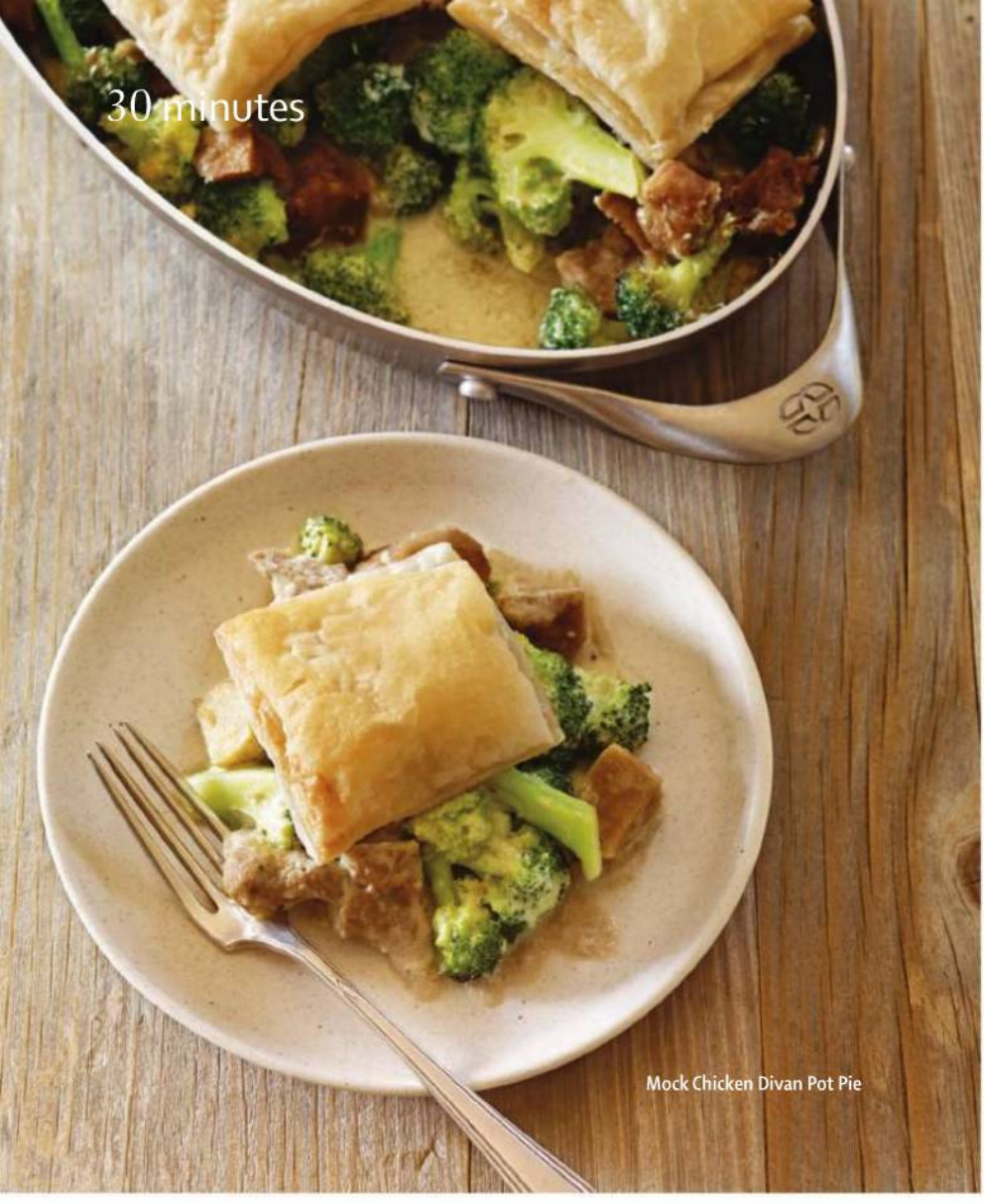

Mock Chicken Divan Pot Pie

PHOTOGRAPHY: PORNCHAI MITTONGTARE; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: ROBIN TURK

Moroccan Lentil Stew with Raisins

SERVES 6 | 30 MINUTES OR FEWER

This exotically flavored stew can be stretched to feed a crowd when ladled over rice or potatoes.

- 1 Tbs. olive oil
- 1 cup chopped onion
- 3 cloves garlic, minced (1 Tbs.)
- 1 28-oz. can crushed tomatoes
- 2 18.2-oz. cartons prepared lentil soup, such as Dr. McDougall's
- 1 15-oz. can chickpeas, rinsed and drained
- ½ cup raisins or dried currants
- 2 tsp. ground cinnamon, or more to taste
- 1½ tsp. ground cumin
- ¼ tsp. red pepper flakes, or to taste
- 6 Tbs. plain nonfat Greek yogurt or soy yogurt, optional

1. Heat oil in medium saucepan or Dutch oven over medium heat. Add onion, and sauté 3 minutes, or until softened and translucent. Add garlic, and cook 1 minute, or until garlic is softened, but not browned, stirring constantly.
2. Stir in tomatoes, soup, chickpeas, raisins, cinnamon, cumin, and red pepper flakes. Season with salt and pepper, if desired. Bring stew to a simmer over medium-high heat, stirring occasionally.
3. Reduce heat to medium-low, and simmer, uncovered, 20 minutes, or until mixture is reduced and sauce has thickened, stirring often from bottom to prevent sticking. Garnish each serving with 1 Tbs. yogurt, if using.

PER 1-CUP SERVING: 263 CAL; 11 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 49 G CARB; 0 MG CHOL; 642 MG SOD; 13 G FIBER; 11 G SUGARS GF

Mock Chicken Divan Pot Pie

SERVES 6 | 30 MINUTES OR FEWER

The secret ingredient in this spin on classic chicken divan is creamy, woodsy portobello mushroom soup. Cutting the puff pastry into equal portions before baking makes serving really easy. Asparagus can replace the broccoli, if desired.

- 4 cups broccoli florets (halved if large)
- 1¼ cups prepared creamy portobello mushroom soup, such as Imagine
- ¾ cup light mayonnaise or soy mayonnaise
- 1 tsp. dry sherry or cooking sherry
- ¼ tsp. poultry seasoning (or ⅛ tsp. each ground thyme and ground sage)
- 1 lb. seitan, cut into bite-sized pieces
- ½ cup freshly grated Parmesan cheese or shredded vegan cheese of choice, optional
- ⅓ sheet (⅓ of 17.3-oz. pkg.) frozen puff pastry, thawed

1. Preheat oven to 425°F, and place oven rack in bottom third of oven. Coat 13- x 9-inch baking dish or oval casserole or gratin dish with cooking spray.
2. Place broccoli florets in microwave-safe casserole with lid, and add 3 Tbs. water. Cover, and microwave on high power 2 minutes. Stir, cover, and microwave 2 minutes more, or until broccoli is tender. Drain, and set aside.
3. Meanwhile, whisk together soup, mayonnaise, sherry, and poultry seasoning in large bowl. Season with salt and pepper, if desired. Add seitan and broccoli florets; stir to combine. Transfer broccoli-seitan mixture to prepared baking dish, and sprinkle with Parmesan cheese, if using.
4. Cut pastry into 6 equal squares. Place squares evenly over seitan mixture. (Filling does not need to be completely covered by squares.) Bake 20 minutes, or until pastry is puffed and golden and filling is hot and bubbly.

PER SERVING: 404 CAL; 28 G PROT; 23 G TOTAL FAT (4 G SAT FAT); 23 G CARB; 16 MG CHOL; 487 MG SOD; 3 G FIBER; 2 G SUGARS

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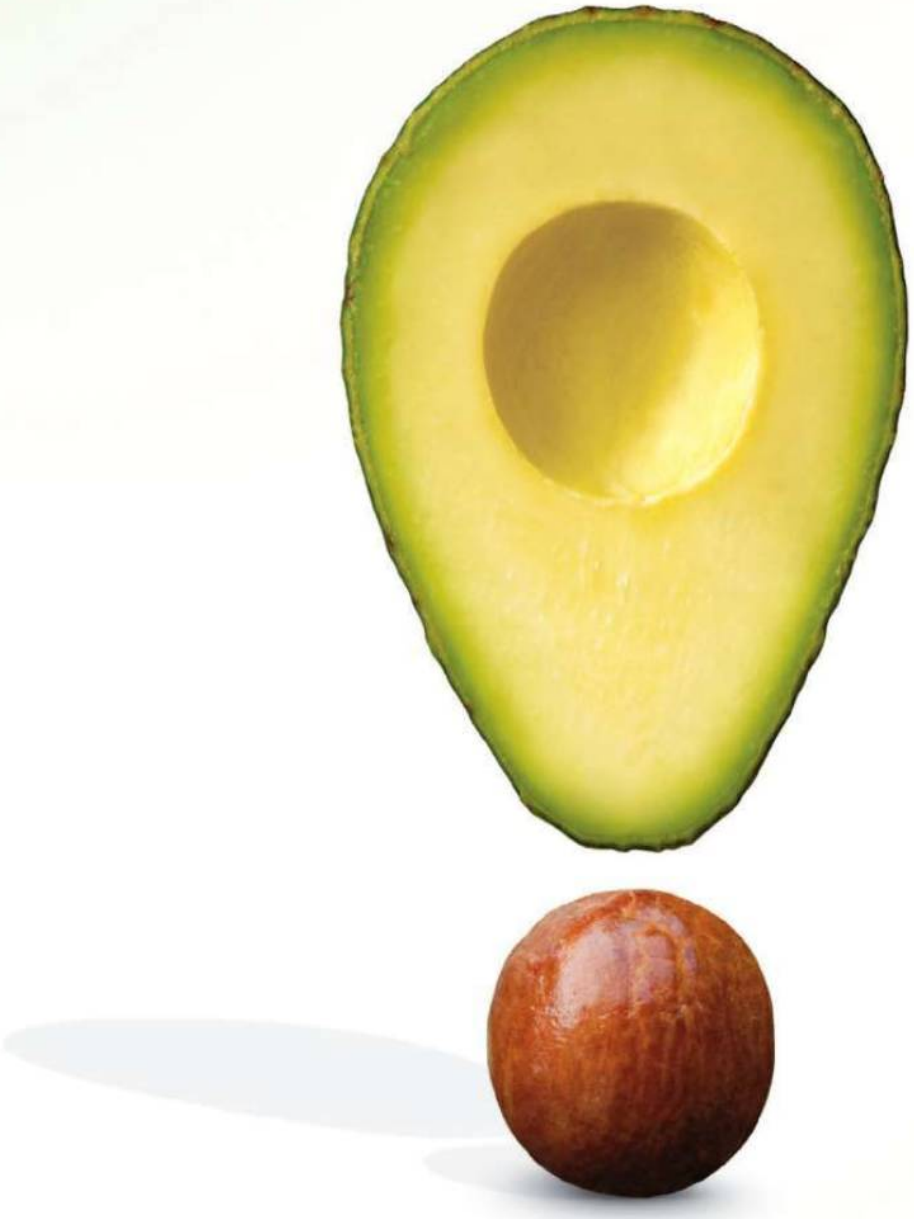

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Curried Butternut Squash Risotto with Cashews

SERVES 4 | 30 MINUTES OR FEWER

Using a microwave speeds up the cooking time of risotto and eliminates the constant stirring. (The recipe was tested in a 1,000-watt microwave oven, so cooking time may need to be adjusted if your microwave has a lower wattage.) Be sure to cover the casserole each time it goes into the microwave.

- 2 cups low-sodium vegetable broth, plus additional as necessary
- 1 cup prepared butternut squash soup
- 1½ tsp. mild curry powder
- ¼ tsp. ground turmeric
- 2 Tbs. canola oil
- 2 Tbs. finely chopped onion
- 1 cup arborio rice
- ⅓ cup dry white wine
- ¼ cup chopped raw or roasted cashews
- 3 Tbs. light coconut milk

1. Combine broth, soup, curry powder, and turmeric in large glass measuring cup or bowl.
2. Combine oil and onion in 1½-qt. microwave-safe casserole with lid. Cover, and microwave 2 minutes on high power. Stir in rice and wine, and cook 2 minutes on high. Stir in 1 cup soup mixture; cook 5 minutes on high. Stir in another 1 cup soup mixture; cook 10 minutes on high, stirring halfway through cooking time. Stir in ½ cup soup mixture; cook 4 minutes on high. Stir in remaining ½ cup soup mixture; cook 2 minutes on high.
3. Stir in cashews and coconut milk, and cook 1 minute on high. Taste. If rice is too hard, add additional broth ¼ cup at a time, and continue cooking on high, covered, in 1-minute intervals, until rice is tender and chewy.

PER 1-CUP SERVING: 236 CAL; 4 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 29 G CARB; 0 MG CHOL; 167 MG SOD; 2 G FIBER; 6 G SUGARS V GF

Farfalle with Tomato–Goat Cheese Cream Sauce

Farfalle with Tomato–Goat Cheese Cream Sauce

SERVES 6 | 30 MINUTES OR FEWER

Mild goat cheese lends a sophisticated tang to this creamy, orange-hued sauce. Tossed with tiny green peas, toasted pine nuts, and festive bow ties (it's fabulous with fettuccine and gnocchi too), the resulting dish is wonderfully easy and original. If you're not a fan of goat cheese, try the recipe with Boursin or low-fat cream cheese. You can also add a grating of Parmesan cheese before serving, if desired.

- 12 oz. farfalle pasta
- 1 cup frozen petite peas
- 2 Tbs. pine nuts
- ½ Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 1¼ cups prepared creamy tomato soup
- ¼ cup nonfat or regular half-and-half
- 1 Tbs. dry white wine, optional
- 3 oz. creamy mild goat cheese (6 Tbs.)

1. Cook pasta in large pot of boiling salted water according to package directions until al dente, adding peas during last 3 minutes of cooking. Drain in colander, and set aside. Quickly return empty pot to same burner (with heat off). Wait a few seconds until pot looks dry, then add pine nuts. Cook over medium heat 1 minute, or until fragrant and lightly toasted. Transfer nuts to plate.
2. Add oil to pot, and sauté garlic over medium heat 15 seconds, or until just beginning to brown. Stir in soup, half-and-half, and wine, if using; bring to a brisk simmer over medium-high heat. Reduce heat to medium-low, and simmer gently 3 minutes, or until mixture is slightly reduced and begins to thicken, stirring occasionally. Add cheese, and cook 2 to 3 minutes more, or until cheese is completely melted into sauce, stirring occasionally. Season with salt and pepper, if desired.
3. Stir pasta, peas, and nuts into sauce in pot; toss well, and serve.

PER 1-CUP SERVING: 341 CAL; 11 G PROT; 7 G TOTAL FAT (3 G SAT FAT); 57 G CARB; 7 MG CHOL; 283 MG SOD; 3 G FIBER; 4 G SUGARS

PHOTOGRAPHY: PORNCHAI MITTONGTARE; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: ROBIN TURK

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Tex-Mex Quinoa with Black Beans and Corn

SERVES 4 | 30 MINUTES OR FEWER

This easy, one-skillet supper gets its Southwestern kick from prepared picante sauce and pickled jalapeños. Adjust the heat of the final dish by choosing a spicier or milder picante sauce and increasing or decreasing the pickled jalapeños. Serve in large bowls with soup spoons, or use as a filling for warmed tortillas.

- 1 Tbs. olive oil
- 1½ tsp. whole cumin seeds
- 1 cup prepared black bean soup, such as Dr. McDougall's
- 1 cup mild or medium picante sauce, divided
- 1 cup quinoa, rinsed and drained
- 1½ cups cooked black beans, or 1 15-oz. can black beans, rinsed and drained
- 1 cup frozen yellow corn, thawed
- 4 green onions, thinly sliced (⅓ cup)
- 1–2 Tbs. chopped pickled jalapeño chiles

1. Heat oil in medium deep-sided skillet or wok over medium heat. Add cumin, and cook 2 minutes, or until fragrant and lightly toasted, stirring often. Add soup, ½ cup water, ½ cup picante sauce, and quinoa; stir, and bring to a boil over high heat. Reduce heat to medium-low, cover, and cook 10 to 12 minutes, or until most of liquid is absorbed.
2. Stir in beans and corn, and cook, covered, 7 to 10 minutes, or until all liquid is absorbed. (The mixture will still be quite moist.) Remove from heat, and stir in remaining ½ cup picante sauce, green onions, and jalapeños. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 367 CAL; 15 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 64 G CARB; 0 MG CHOL; 810 MG SOD; 11 G FIBER; 5 G SUGARS

Donna Klein is the author of Supermarket Vegan. *She has been cooking undercover with soup—and fooling friends and family—for years.*

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BY Ani Phyo

CINNAMON APPLE CHIPS, p. 33
CRISPY KALE CHIPS, p. 36
ROSEMARY SWEET POTATO CHIPS, p. 36

high on dry

Make your own fruit and veggie chips with a food dehydrator and these easy recipes

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Kim Wong

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Using a food dehydrator is one of those kitchen activities that's part cooking, part science project. With a gentle blast of warm air, you can turn slices of fresh fruits and vegetables into crispy, crunchy, vitamin-packed snacks.

The process is simple: a heating element acts as a low-temperature oven, while a fan circulates the warm air for maximum evaporation of moisture from foods. All you have to do is place the food on the dehydrator trays, set the temperature and timer, then check for doneness. There's plenty of room for experimentation, such as seasoning sweet potato chips with rosemary or sprinkling fruit slices with cinnamon, as you'll see in the easy recipes that follow.

Cinnamon Apple Chips with Cashew Vanilla Cream

4 EASY STEPS

1. Arrange seasoned or plain sliced fruits and vegetables on dehydrator trays without overlapping.

2. Set the temperature. For foods to dry out completely and still be considered raw, the temperature should be set to 104°F. Cooks who aren't concerned with the raw aspect may prefer setting the dehydrator to 135°F to shorten drying times.

3. Check regularly, and rotate trays. Dehydrating fruits and vegetables can take 2 to 19 hours, depending on moisture content and humidity in the air. To test for doneness, cut a slice. Food is dehydrated when no moisture beads appear in the cut.

4. Cool and store in an airtight container in a dark, dry place. If leftovers lose their crispness, return to dehydrator 1 to 2 hours to restore the desired texture.

Cinnamon Apple and Banana Chips

SERVES 4

A touch of cinnamon and nutmeg gives these sweet treats an early holiday feel and fills the kitchen with a deliciously festive aroma. Serve them on their own, or with Cashew Vanilla Cream (recipe, p. 36) for dipping.

- ¼ cup unsweetened apple juice
- 2 medium apples, cored and sliced into ¼-inch-thick rings
- 2 medium bananas, sliced into ¼-inch-thick rounds
- 1 Tbs. ground cinnamon
- ¼ tsp. ground nutmeg, or more to taste

1. Place apple juice in bowl. Dip apple rings in juice, then set on dehydrator tray without overlapping.

2. Place banana slices on separate tray. Dust fruit with cinnamon and nutmeg.

3. Dehydrate 8 to 12 hours, or until cut slice of fruit doesn't show any moisture beads, shifting trays as necessary to evenly dry fruit. Turn off dehydrator, and cool.

PER ½-CUP SERVING: 110 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 30 G CARB; 0 MG CHOL; 1 MG SOD; 5 G FIBER; 19 G SUGARS V GF

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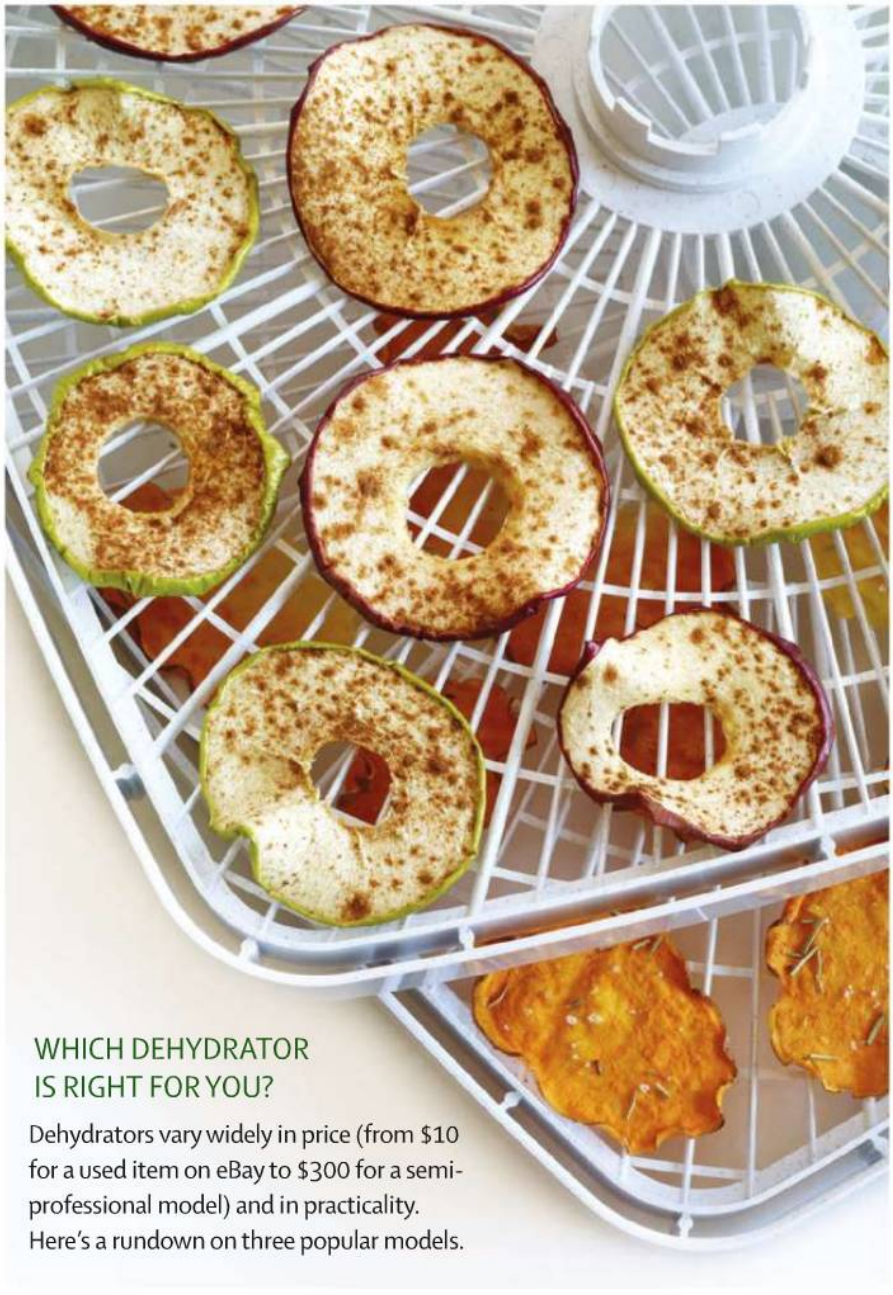

WHICH DEHYDRATOR IS RIGHT FOR YOU?

Dehydrators vary widely in price (from $10 for a used item on eBay to $300 for a semi-professional model) and in practicality. Here's a rundown on three popular models.

NESCO FD-80 SNACKMASTER SQUARE DEHYDRATOR & JERKY MAKER

$99.95; nesco.com

Features: Adjustable thermostat, top-mounted fan, and 700 watts of drying power. Comes with four trays (shown), expandable to eight.

Best for: Cooks who do occasional dehydrating in small batches.

NESCO FD-1020 GARDENMASTER DIGITAL PRO FOOD DEHYDRATOR

$169.99; nesco.com

Features: 1,000 watts, plus a digital thermostat and timer take the guesswork out of dehydrating. Can be used with a few trays or expanded to accommodate 20 trays.

Best for: Food lovers who want plenty of options.

EXCALIBUR 9-TRAY LARGE DEHYDRATOR WITH 26 HOUR TIMER

$299.95; excaliburdehydrator.com

Features: Fan at the back of the element evenly circulates air to all trays. Tray setup can be changed to leave more space and allow more air to flow over foods.

Best for: Seasoned raw foodists who prepare large batches of dehydrated fruits and vegetables.

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technique

Cashew Vanilla Cream

SERVES 6 | 30 MINUTES OR FEWER

If you don't have a high-speed blender to make this delicate dip, you can grind the cashews in a coffee grinder, then place the powder into your blender so the consistency will be smooth.

- ½ cup raw cashews
- 1½ tsp. agave or maple syrup
- ½ tsp. alcohol-free vanilla extract

Blend all ingredients with ½ cup water in blender on high speed until smooth and creamy. Store in airtight container in fridge for up to 5 days.

PER 2-TBS. SERVING: 58 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 1 MG SOD; <1 G FIBER; 2 G SUGARS V GF

Rosemary Sweet Potato Chips

SERVES 6

Unlike white potatoes, sweet potatoes do not have to be cooked before they're eaten. We've seasoned these wholesome chips with rosemary, but you can substitute other dried spices, such as garlic powder, onion powder, nutritional yeast, paprika, or cayenne pepper.

- 1 large sweet potato
- 2 Tbs. olive oil
- 1 Tbs. lemon juice
- 1 tsp. dried rosemary, crushed
- ½ tsp. sea salt

1. Cut sweet potato into paper-thin slices with mandoline or sharp knife. Place slices in bowl, and gently rub in oil and lemon juice until well coated. Add rosemary and salt, and toss to combine.
2. Lay slices on dehydrator trays without overlapping. Dehydrate 6 to 10 hours, or until crispy, shifting trays as necessary to dry chips evenly. Turn off dehydrator, and cool chips completely. Store in airtight container for several weeks.

PER 1-CUP SERVING: 68 CAL; <1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 142 MG SOD; 1 G FIBER; 2 G SUGARS V GF

Crispy Kale Chips; Rosemary Sweet Potato Chips

Crispy Kale Chips

SERVES 4

Betcha can't eat just one of these light, crispy snacks. Nutritional yeast gives them a tangy, almost cheesy flavor. If you are concerned about gluten, check to make sure the brand of nutritional yeast you use was grown on beets, not barley.

- 1 12-oz. bunch curly kale, center stems removed, each leaf torn into 4 pieces (6 cups)
- 2 Tbs. olive oil
- 1 Tbs. lemon juice
- ½ tsp. sea salt
- 3 Tbs. nutritional yeast

1. Place kale in bowl. Rub oil, lemon juice, and salt into leaves with hands. Add nutritional yeast, and toss well.
2. Spread kale onto dehydrator trays without overlapping. Dehydrate 2 to 4 hours, or until dry and crispy. Turn off dehydrator, and cool completely.

PER ½-CUP SERVING: 117 CAL; 6 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 10 G CARB; 0 MG CHOL; 231 MG SOD; 3 G FIBER; <1 G SUGARS V GF

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Zucchini Tempura Chips

SERVES 6

The batter for these un-fried veggies is made with a blend of ground flaxseed and buckwheat meal. It can also be used to coat dried bell pepper rings or green beans. Serve with Asian Toasted Sesame and Chile Dipping Sauce (recipe below).

- 2 medium zucchini, cut into ⅛-inch-thick rounds (3 cups)
- 2 Tbs. ground flaxseed
- 2 Tbs. buckwheat meal or buckwheat flour
- ¼ tsp. sea salt

1. Toss together all ingredients in bowl.
2. Lay zucchini slices on dehydrator trays without overlapping. Dehydrate 4 to 6 hours, or until dry and crispy. Store in airtight container at room temperature.

PER ¼-CUP SERVING: 30 CAL; 2 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 70 MG SOD; 1 G FIBER; 1 G SUGARS

Asian Toasted Sesame and Chile Dipping Sauce

SERVES 4 | 30 MINUTES OR FEWER

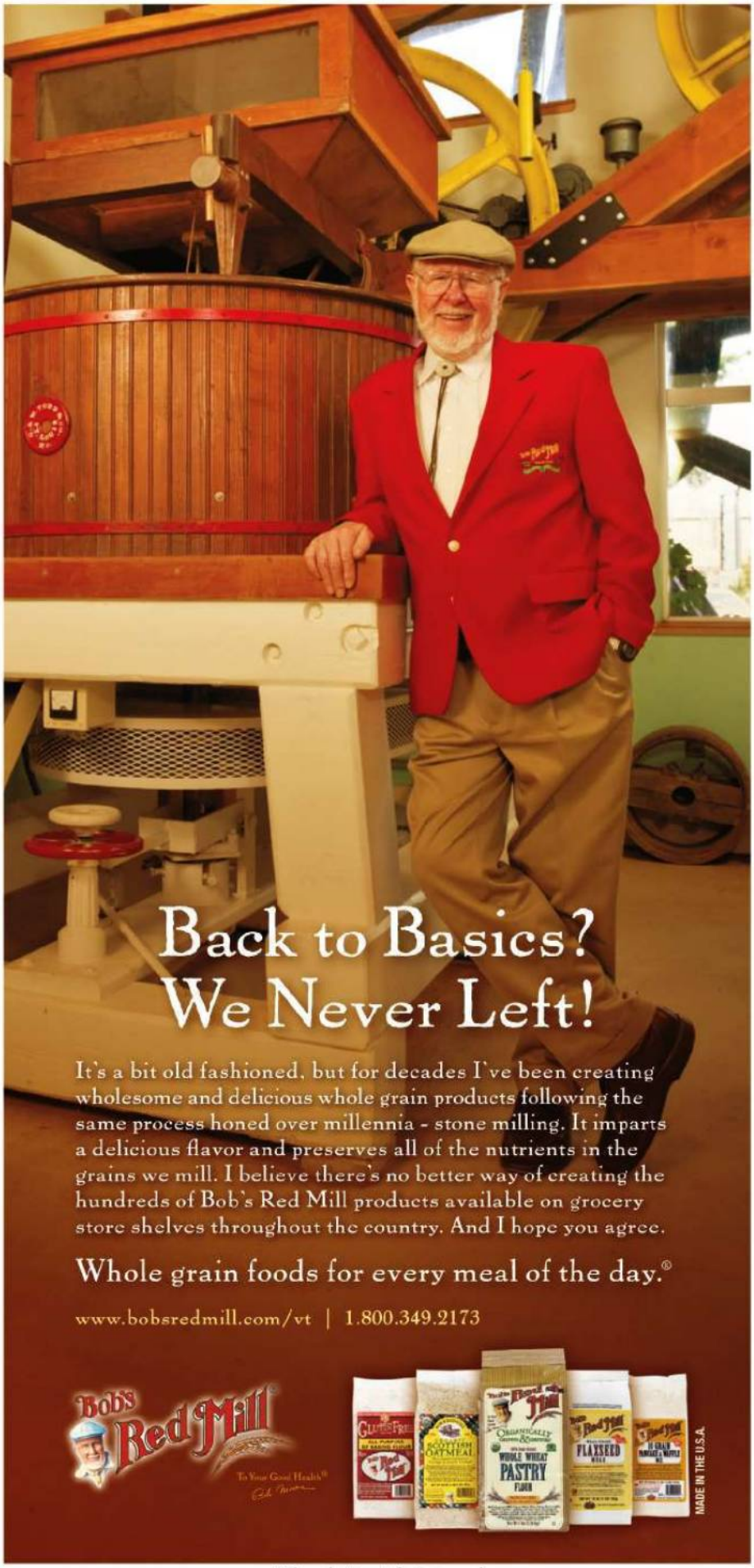
This Korean-inspired recipe calls for nama shoyu, a raw soy sauce, but you can substitute tamari or regular soy sauce. Toasted sesame oil and sesame seeds give the dip more flavor, but raw versions will also work.

- 2 Tbs. nama shoyu or low-sodium tamari sauce
- 2 tsp. toasted sesame oil
- 2 tsp. agave nectar
- ½ tsp. raw or toasted sesame seeds
- ½ tsp. finely sliced green onion
- ⅛ tsp. cayenne pepper, or to taste

Whisk together all ingredients in small bowl. Store in fridge 3 to 4 days.

PER 2-TSP. SERVING: 38 CAL; <1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 360 MG SOD; <1 G FIBER; 3 G SUGARS

Ani Phyo is the author of Ani's Raw Food Essentials *and the host of* Ani's Raw Food Kitchen Show. *For more raw food ideas, visit aniphyo.com.*



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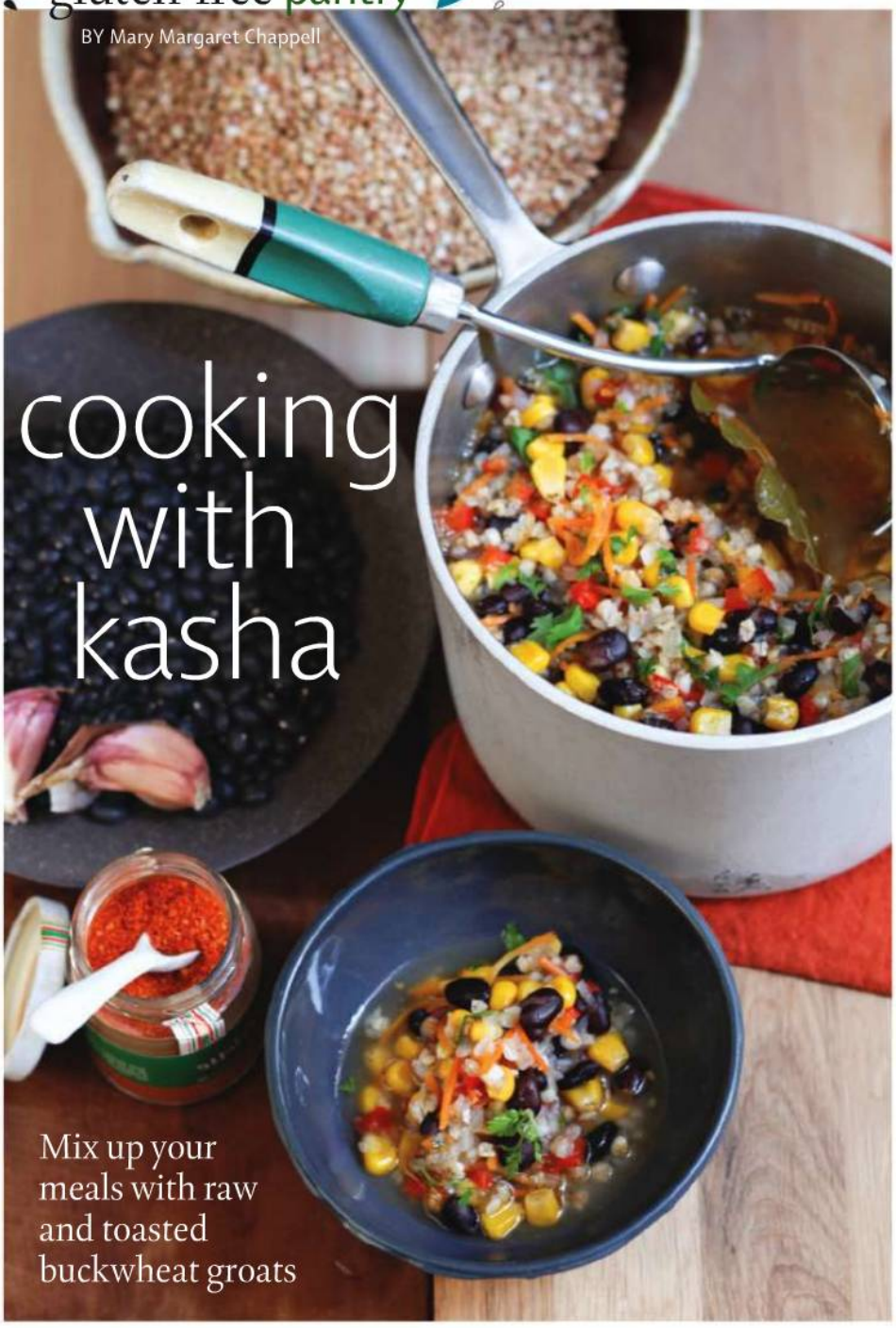
BY Mary Margaret Chappell

cooking with kasha



Mix up your meals with raw and toasted buckwheat groats

THE SCOOP Don't be fooled by the old-fashioned packaging and Jewish-grandma-recipe reputation of kasha and buckwheat groats. These roasted and raw seeds from the flowering *Fagopyrum esculentum* Moench plant have as many cool uses as more-hyped grains, such as quinoa, millet, or amaranth. Once hulled, the quick-cooking triangular kernels—sold raw as buckwheat groats or roasted as kasha—have a chewy, tender texture similar to larger whole grains. That makes them ideal substitutes for gluten-laden options such as spelt, wheat berries, bulgur, and barley.

HOW IT'S USED Jewish and Eastern European cooks are familiar with kasha as a nutty-flavored component of kasha varnishkes, a mix of kasha and bow tie pasta. Kasha and buckwheat groats fill out soups and stews, add body to salads, complete casseroles, and bulk up stuffings and side dishes. They also make a quick alternative to rice or potatoes, and can be prepared with water or milk for a hot breakfast cereal.

The main difference between kasha and buckwheat groats is flavor. Roasting the groats gives kasha an earthy, slightly bitter taste that some people love; others find it overpowering. Raw groats are milder and closer in taste and texture to other whole grains.

SHOPPING TIPS

Shop for kasha and buckwheat groats in natural food stores where a higher turnover means fresher stock. Look for whole kernels with few broken pieces. Rinse and drain before cooking to remove crushed bits.

Buckwheat–Black Bean Soup

SERVES 4

Roasted or raw buckwheat gives this soup body so that it tastes as if it has been simmering for hours.

- 1 Tbs. olive oil
- ¾ cup chopped onion
- ¾ cup chopped red bell pepper
- 3 cloves garlic, minced (1 Tbs.)
- ¼ cup kasha or buckwheat groats
- 1 tsp. chili powder
- 2 cups low-sodium vegetable broth
- 1½ cups cooked black beans, or 1 15-oz. can black beans, rinsed and drained
- 1 cup grated carrots
- 1 cup fresh or frozen corn kernels
- 1 bay leaf
- ¼ cup chopped cilantro
- 2 Tbs. lime juice

Heat oil in saucepan over medium heat. Add onion and bell pepper, and sauté 5 minutes. Add garlic, kasha, and chili powder, and sauté 3 minutes more. Stir in broth, beans, carrots, corn, bay leaf, and 2 cups water, and season with salt and pepper, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes, or until kasha is tender. Stir in cilantro and lime juice.

PER 1-CUP SERVING: 232 CAL; 9 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 42 G CARB; 0 MG CHOL; 271 MG SOD; 8 G FIBER; 7 G SUGARS

PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: NATACHA ARNOULT; PROP STYLING: JAMES DAY

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BY Lisa Leconte

boo-licious!

This kid-friendly Halloween fare is so cute, it's scary

My kids are little. Our battles are big. To get these small, strong-willed people to eat things that are healthful, and sometimes (gasp!) green, I draw on creativity, cookie cutters, and the stealthy placement of veggies. I may have to dress up my kids' food as animals and cute monsters, but I'm actually enjoying myself in the process. If you want to give it a try, there's no better time than the junk food fest that is Halloween. Once kids are under the spell of the creepy creatures here, they'll never notice the healthful ingredients lurking beneath.

Frankenpeppers

SERVES 6 | 30 MINUTES OR FEWER

If kids balk at eating the bell pepper skulls of these brainy creations, rinse them well after serving, then cut into strips for snacks later on.

- 6 small red or green bell peppers
- 8 oz. whole-wheat spaghetti
- 4 Tbs. creamy peanut butter, plus more for assembly
- 2 Tbs. low-sodium soy sauce
- 2 tsp. toasted sesame oil
- 1 tsp. minced fresh ginger
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. rice vinegar
- 1 tsp. agave nectar or honey
- 1 cup finely diced cucumber, optional
- 2 finely diced Roma tomatoes (1 cup)
- ¼ cup chopped green onions, optional
- 1 tsp. red pepper flakes, optional
- 3 ½-inch-thick slices white Cheddar or Monterey Jack cheese
- 3 ¼-inch-thick slices white Cheddar or Monterey Jack cheese
- 1 nori sheet, for decoration
- 1 Tbs. toasted sesame seeds, optional

1. Slice tops off bell peppers, and scoop out seeds and veins. Chop flesh from tops, and set aside to add to cooked pasta, if desired.
2. Cook spaghetti in large pot of boiling salted water according to package directions. Drain, and reserve ½ cup cooking liquid. Rinse spaghetti under hot water, and drain again.
3. Place peanut butter, soy sauce, sesame oil, ginger, garlic, rice vinegar, and agave nectar in large bowl. Whisk in reserved ½ cup hot pasta cooking water until mixture is smooth. Stir in spaghetti until coated with sauce. Fold in cucumber (if using), tomatoes, green onions, and red pepper flakes (if using); add chopped bell pepper, if desired.
4. Cut 6 mouth shapes from ½-inch-thick cheese slices with small knife or round cutter. Cut 12 small dots (for eyes) from ¼-inch-thick cheese slices with plastic straw.
5. Adhere mouths and eyes to sides of bell pepper bowls with dabs of peanut butter. Cut nori into pupils, eyebrows, and teeth, and adhere to faces with peanut butter. Fill each pepper with spaghetti mixture, and sprinkle with toasted sesame seeds, if using.

PER FRANKENPEPPER: 329 CAL; 15 G PROT; 15 G TOTAL FAT (6 G SAT FAT); 38 G CARB; 22 MG CHOL; 366 MG SOD; 7 G FIBER; 7 G SUGARS

PHOTOGRAPHY Jen Gotch FOOD STYLING Liesl Maggiore

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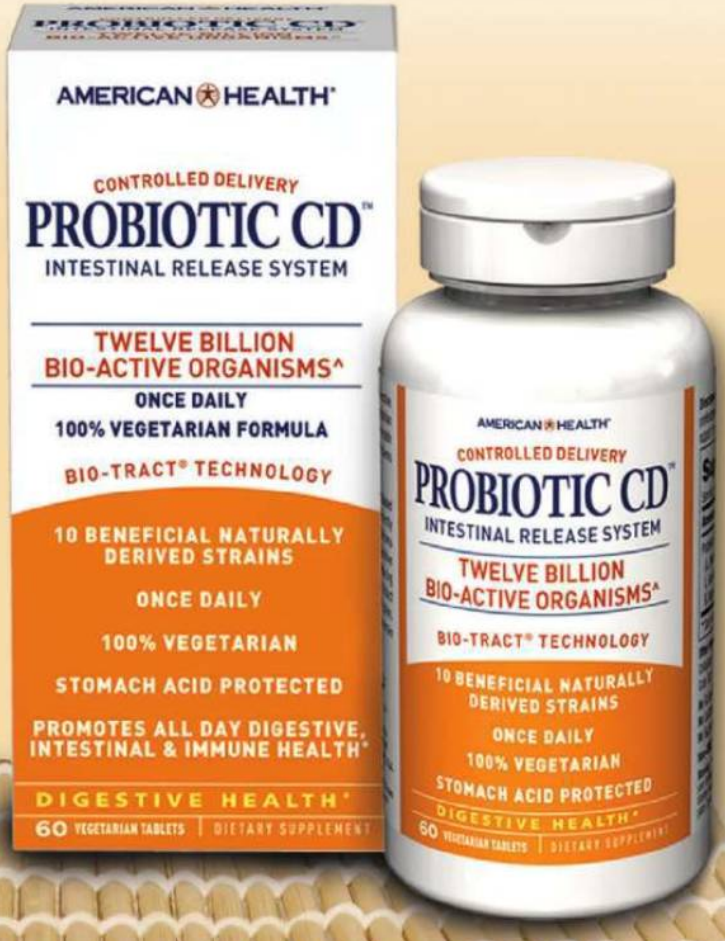

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Spooky Serpent Swamp

Just beneath the surface lies a sea of spinach guacamole.

Spooky Serpent Swamp

MAKES 3 SWAMPS | 30 MINUTES OR FEWER

Ssso good, ssso easy, and there's no need to tell kids there's spinach swimming in the guacamole. Have a pizza cutter on hand for easy slicing and sharing.

GUACAMOLE

- 4 cups baby spinach leaves
- ½ small onion, cut into chunks (¼ cup)
- 1 large avocado, quartered
- 1 Tbs. lemon juice
- 1 Tbs. lime juice

SERPENT SWAMPS

- 3 herbed green tortillas
- 1½ cups Snapea Crisps, snapped in two
- 3 Mini Babybel Light cheeses
- 2 ¼-inch-thick slices Cheddar cheese
- 1 radish
- Black sesame seeds, for decoration
- Rosemary sprigs, for decoration

1. To make Guacamole: Cook spinach in pot of boiling water 3 minutes. Rinse under cold water, and drain, pressing down to remove excess moisture.
2. Purée spinach and onion to paste in food processor. Add avocado, lemon juice, and lime juice; purée until smooth. Season with salt and pepper, if desired. Set aside ⅓ cup Guacamole to use as glue for decorations.
3. To make Serpent Swamps: Fold tortillas in half, and cut 4-inch ovals from each half. Spread 2 Tbs. Guacamole on each of 3 tortilla ovals, then top with 3 remaining tortilla ovals. Place tortilla sandwiches on serving plates, then "glue" Snapea Crisps around perimeter of each tortilla using reserved Guacamole.
4. Cut ½-inch circle from center of each Babybel cheese, and reserve. Cut remaining cheese rings in half to be used for bodies and tails of serpents. Cut sliver from ring halves used for tails (this helps them stand up on their own). Cut small wedges from cheese circles (from centers of Babybels) to make serpent heads.
5. Cut small dots from Cheddar cheese slices using drinking straw; adhere dots to bodies and tails of serpents with dabs of Guacamole.
6. Cut radish into small horn shapes and round eyes with sharp paring knife. Adhere to top of serpent head with dabs of Guacamole. Press sesame seeds into serpent mouth for fangs and over radish eyes for eyebrows. Place heads, bodies, and tails in centers of tortillas to look like serpents, using Guacamole to glue to tortilla, if necessary. Poke a few small holes in tortilla with skewer or tip of paring knife. Insert rosemary sprigs into holes, using small dabs of Guacamole as glue, if necessary.

PER SERVING (⅓ SWAMP): 233 CAL; 8 G PROT; 13 G TOTAL FAT (3 G SAT FAT); 23 G CARB; 10 MG CHOL; 352 MG SOD; 5 G FIBER; 1 G SUGARS

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Spooky Serpent Swamp, Frankenpepper, and Wicked Cool Olive Owls

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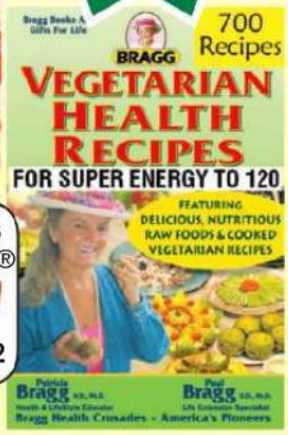

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Wicked Cool Olive Owls

MAKES 12 OWL-TOPPED SANDWICHES

30 MINUTES OR FEWER

A sharp knife, a couple of radishes, and some sunflower seeds are all you need to turn black olives into itty-bitty owls.

- 1½ cups cooked white beans, rinsed and drained
- 1 large jarred roasted red bell pepper, rinsed and drained
- 1½ Tbs. lemon juice
- 1 Tbs. chopped fresh parsley
- 12 pitted black olives
- 12 sunflower seeds
- 2 radishes, sliced
- 24 black sesame rice crackers
- 12 sprigs rosemary or parsley

1. Purée beans, roasted pepper, lemon juice, and parsley in food processor until smooth. Reserve ¼ cup bean mixture.
2. Trim hole ends of olives to allow owl body to stand up straight. Cut thin slices on opposite sides of olives without slicing all the way through to make wings. Pierce tiny holes between owls' wings, and insert sunflower seeds for beaks. Cut 24 eyes from radish slices, pricking centers to make white pupils.
3. Spread 1½ tsp. bean mixture on each of 12 crackers. Top with remaining crackers. Use dollop of bean mixture to glue 1 sprig rosemary across top of each sandwich. Adhere owls onto rosemary sprigs with bean mixture. Attach radish eyes onto each owl with bean mixture.

PER SANDWICH: 98 CAL; 4 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 184 MG SOD; 2 G FIBER; <1 G SUGARS

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Marshmonsters

SERVES 12 | 30 MINUTES OR FEWER

Hooray for the wide availability of veg marshmallows that make these simple desserts possible. Assemble the monsters just before serving.

- 12 tsp. chocolate-hazelnut spread
- 12 small croccantini crackers or unsalted saltines
- 6 toasted coconut vegan marshmallows, such as Sweet & Sara
- 6 plain vegan marshmallows, such as Sweet & Sara
- ½ cup slivered almonds
- 6 strawberry tops
- 1 sheet nori, for decoration
- 18 yogurt-covered raisins

1. Spread 1 tsp. chocolate-hazelnut spread on each cracker. Top each cracker with 1 marshmallow.
2. Press almond slivers onto sides of marshmallows for arms.
3. Cut ragged edge into strawberry tops with paring knife. Set strawberry tops on plain marshmallows. Cut eyes and mouths from nori with scissors, and adhere to plain marshmallows with drops of water.
4. Poke small holes in 12 yogurt-covered raisins for eyes, and carve notches for eyebrows. Insert almond slivers (to use as anchors) into bottoms of raisins, and press into tops of toasted coconut marshmallows. Scrape some of yogurt coating from remaining 6 yogurt-covered raisins to reveal raisin inside. Press almond slivers into backs of yogurt-covered raisins, and insert in toasted coconut marshmallows for mouths.

PER MARSHMONSTER: 100 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 0 MG CHOL; 25 MG SOD; <1 G FIBER; 9 G SUGARS

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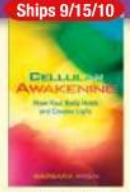
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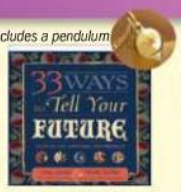
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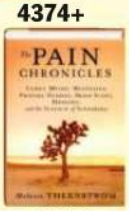
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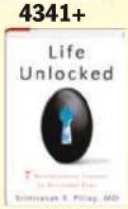
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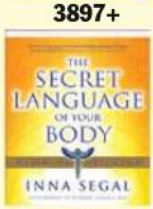
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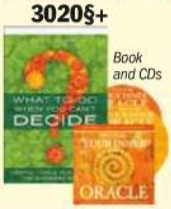
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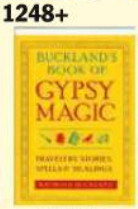
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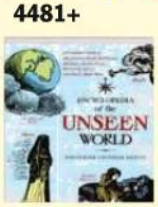
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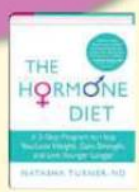
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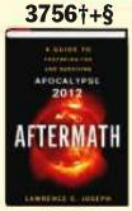
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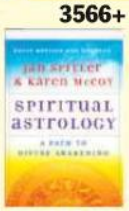
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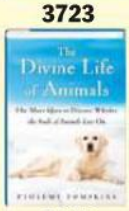
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indian made easy

ONION-STUFFED FLAT BREAD, p. 53

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Stuffed Cauliflower

Amchoor is dried green mango that has been ground to a powder. It lends a citrusy, acidic flavor to Indian dishes.

Black-Eyed Pea Dip

SERVES 8 | 30 MINUTES OR FEWER

When everyone at a potluck party began eating this Indian snack like a dip, Gadia started serving it that way all the time. Try it with chips or fresh veggies.

- 1 Tbs. canola or vegetable oil
- ¼ tsp. cumin seeds
- 1 16-oz. can black-eyed peas, rinsed and drained, or 1½ cups frozen black-eyed peas, thawed
- 1 tsp. ground coriander
- ½ tsp. salt
- ¼ tsp. ground turmeric
- ¼ tsp. cayenne pepper, or to taste
- 2 tsp. lemon or lime juice
- ¼ tsp. garam masala
- ½ cup finely chopped red onion
- 2 Tbs. chopped cilantro

Heat oil in skillet over medium-high heat. Add cumin, and cook 10 seconds. Stir in black-eyed peas, then add coriander, salt, turmeric, cayenne, and ½ cup water. Bring to a boil, reduce heat to medium-low, and cover. Simmer 10 minutes, or until water has been absorbed. Stir in lemon juice and garam masala. Transfer to serving dish, and garnish with red onion and cilantro.

PER ¼-CUP SERVING: 67 CAL; 3 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 154 MG SOD; 2 G FIBER; <1 G SUGARS V GF

Stuffed Cauliflower

SERVES 8

Rather than frying this cauliflower dish, Madhu Gadia steams and bakes it for a party entrée that's elegant and healthful.

- 1 cup coarsely chopped onion
- ½ cup tomato sauce
- ½ small jalapeño chile, finely chopped
- 2 Tbs. chopped fresh ginger
- 2 cloves garlic, coarsely chopped
- 1 tsp. whole cumin seeds
- 3 Tbs. canola or vegetable oil, divided
- 1 Tbs. ground coriander
- ½ tsp. ground turmeric
- ½ tsp. cayenne pepper, or to taste
- ½ tsp. amchoor or 1 tsp. lemon juice
- ½ tsp. garam masala
- 1 large potato, peeled, boiled, and grated
- 1 medium head cauliflower (2 lb.)
- 2 medium potatoes, peeled and sliced

1. Preheat oven to 400°F. Blend onion, tomato sauce, jalapeño, ginger, garlic, and cumin in blender until paste forms. Heat 2 Tbs. oil in skillet over medium-high heat. Add onion paste, and cook 3 minutes, or until mixture comes together in dense mass. Stir in coriander, turmeric, cayenne, amchoor, and garam masala; cook 2 minutes. Stir in ½ cup water and grated potato.
2. Steam whole cauliflower head 5 to 7 minutes. Cool. Press onion mixture all over cauliflower. Set in baking dish.
3. Toss sliced potatoes with remaining 1 Tbs. oil on baking sheet. Transfer both pans to oven, and bake 25 minutes, turning potatoes once. Serve cauliflower with sliced potatoes.

PER ½-CUP SERVING: 154 CAL; 4 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 24 G CARB; 0 MG CHOL; 108 MG SOD; 4 G FIBER; 4 G SUGARS V GF

Okra and Onions

SERVES 6 | 30 MINUTES OR FEWER

"If you think you don't like okra, try it Indian-style. The spices in this recipe enhance okra's flavor," says Gadia.

- 2 Tbs. canola or vegetable oil
- ½ tsp. whole cumin seeds
- 1 medium onion, chopped (1½ cups)
- 12 oz. frozen sliced okra, thawed
- 2 tsp. ground coriander
- ¾ tsp. salt
- ½ tsp. ground turmeric
- ½ tsp. cayenne pepper, or to taste
- ½ tsp. amchoor or 1 tsp. lemon juice
- ½ tsp. sugar

Heat oil in skillet over medium heat. Add cumin; cook 10 seconds. Add onion; sauté 3 minutes. Stir in okra, then coriander, salt, turmeric, and cayenne pepper. Cover, and cook 10 minutes, stirring once or twice. Stir in amchoor and sugar.

PER ½-CUP SERVING: 76 CAL; 1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 296 MG SOD; 2 G FIBER; 3 G SUGARS V GF

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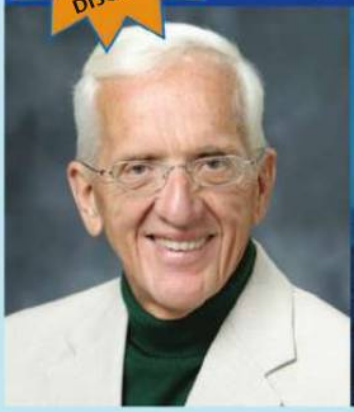

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Dr. Joan Borysenko is a world-famous pioneer in integrative medicine, television personality, and New York Times best selling author of 14 books, including *It's Not the End of the World: Developing Resilience in Times of Change*. Brilliant, authentic and humorous, she is one of the most sought-after teachers of our time.

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Sherri Baptiste
Sherri Baptiste is an internationally known inspirational yoga teacher. The daughter of two yoga-health-fitness pioneers, Magana and Walt Baptiste, founder of Baptiste Power of Yoga and author of *Yoga with Weights for Dummies*, Sherri is featured in video, DVD, and CD programs that include "Power of Yoga" and "Power of Meditation."

Christina Pirello
Christina is a nationally known vegetarian/vegan chef, Emmy Award-winning TV celebrity hosting her own show, "Christina Cooks," and author of several best-selling cookbooks including *Cooking the Whole Foods Way*, *This Crazy Vegan Life*, and her latest, *I'm Mad As Hell and I'm Not Gonna Eat It Anymore*!

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Dr. Will Tuttle, an award-winning writer, pianist, and composer, has presented widely throughout America and Europe. Author of the best selling *The World Peace Diet*, he has taught college courses in mythology, comparative religion, and creativity. A Dharma Master in the Zen tradition, he has practiced meditation for over 30 years.

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6 SPICE ESSENTIALS

You don't need a superexotic spice collection to make Madhu Gadia's aromatic Indian dishes. None of the recipes on these pages calls for more than these six staples.

1. Whole cumin seeds
2. Ground coriander
3. Cayenne pepper
4. Ground turmeric
5. Garam masala
6. Amchoor (green mango powder)

Onion-Stuffed Flat Bread

SERVES 8

Pan-fried flat breads are served at breakfast in India, but Gadia makes these crispy treats for other meals as well.

FILLING

- 2 cups finely chopped red or white onion
- 1 tsp. ground coriander
- 1 tsp. finely chopped jalapeño chile
- ½ tsp. amchoor, or 1 tsp. lemon juice

DOUGH

- 2 cups atta (Indian whole-wheat flour), or white whole-wheat flour
- ½ tsp. salt
- 3 Tbs. canola or vegetable oil, plus more for greasing griddle

1. To make Filling: Combine all ingredients in bowl.
2. To make Dough: Pulse flour and salt in food processor until combined. Add 1¼ cups water, and process 2 minutes, or until smooth. Cover, and let stand 10 minutes. Roll dough into 8 balls, then dust with flour. Roll out each ball into 3-inch circle. Place 2 Tbs. Filling in center of each circle. Join dough edges together, and crimp tightly. Dust with flour once more. Place crimped-side down, and roll to 6-inch circles.
3. Oil iron griddle or heavy skillet, and heat over medium heat. Cook 1 dough circle 1 to 2 minutes, or until bottom browns and is firm. Flip, and cook 1 to 2 minutes more. Lightly oil top of flat bread with ½ tsp. oil. Turn over, and oil second side, pressing on flat bread several times to brown evenly. Repeat with remaining dough balls and oil. Serve hot or at room temperature.

PER FLAT BREAD: 192 CAL; 5 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 29 G CARB; 0 MG CHOL; 148 MG SOD; 3 G FIBER; 2 G SUGARS

Madhu Gadia applies her expertise as a nutrition counselor to making traditional Indian recipes easy and healthful.

2010 foodie awards

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BY Gabrielle Harradine

we nominated, you decided

the ESSENTIAL 30

VT staffers slurped, crunched, savored, and debated. We then created a ballot of 114 products in 30 categories for the 2010 Foodie Awards and left it to dedicated readers like you to weigh in. You responded by casting more than 100,000 votes. We've tallied the returns, and now it's time to present the results: 30 Readers' Faves and the delicious runners-up.

Get ready to make a list. It's time to stock up on some spectacular fridge and pantry fillers.

1. NUTS & SEEDS

Readers' fave:
Nut Land Berries & Cherries Crunch
A perfect blend of sweet and salty, chewy and crunchy.

Runners-up:

Equal Exchange Organic Tamari Roasted Almonds
Edible evidence that sometimes the simplest combinations are the best.

NOW Pumpkin Crunch Clusters
Layers upon layers of lightly sweetened pumpkin seeds create a hearty, crunchilicious snack.

Yumnuts Naturals Chili Lime
Sweet, rich cashews with a smack of spice.

2. FROZEN PIZZAS

Readers' fave:
Kashi Original Crust Mediterranean Pizza
An irresistible crispy thin crust topped with a rainbow of yummy veggies.

Runners-up:

Amy's Broccoli & Spinach White Pizza The creamy, complex white sauce makes this a standout pie.

Rising Moon Organics Grilled Veggie Pizza There is nothing skimpy about this pizza. The crust is fluffy, the cheese is generous, and the chunky veggies really satisfy.

Tofurky Italian Sausage & Fire-Roasted Veggie Pizza
Vegans can chow down on this new Tofurky-and-Daiya combo.

3. ENLIGHTENED BEVERAGES

Readers' fave:
IZZE esque Sparkling Mandarin
Naturally sweet, and only 50 calories per 12-ounce serving.

Runners-up:

Numi Organic Tea Magnolia Jasmine Puerh Green Tea
Which is better—the delicate floral scent or the lightly sweetened green tea flavor?

Sambazon Antioxidant Elixir Açaí Berry Antioxidants have never been so refreshing.

TeaZazz Naturalz Red Plum
Plum, tea, and bubbles. Need we say more?

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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4. FREEZE-DRIED FRUIT SNACKS

Readers' fave:

Crunchies Freeze Dried Organic Strawberries
This healthful grab offers a juicy burst of strawberry flavor with a crunch.

Runners-up:

Funky Monkey Pink Pineapple Pique your taste buds with a tropical mix of pineapple and guava.

Mrs. Mays Apple Freeze-Dried Fruit Chips So light and crispy, they're great for when you get the midmorning munchies.

5. RAW GOODIES

Readers' fave:

Earth Café Living Foods Rockin' Raspberry Cheesecake Serious cheesecake satisfaction that's dairy- and gluten-free.

Runners-up:

Emmy's Organics Dark Cacao Macaroons Intense, chocolaty, gluten-free bliss.

Hail Merry Chocolate Mint Merry's Miracle Tart Great taste meets adorable portion control.

Earthling Organics Rawnola, Almond Coconut rules in these hearty chunks of granola-inspired goodness.

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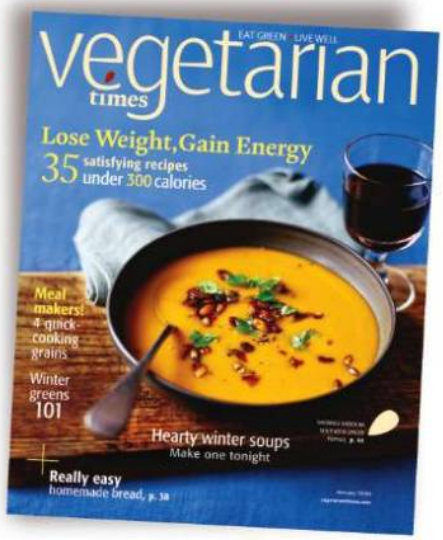

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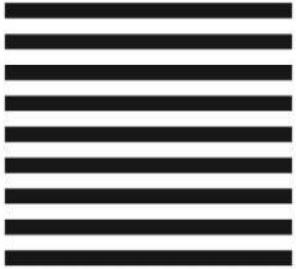

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No well-stocked pantry should be without a jar of pasta sauce that's easily mistaken for homemade.

6. ORGANIC, FAIR-TRADE BAGGED TEAS

Readers' fave:
Yogi Green Tea Goji Berry

Green tea and goji berries create sipping perfection you will enjoy again and again.

Runners-up:

Bija Lemon Ginger Echinacea Herbal Tea Blend Perk up your taste buds and pick up your energy with this warming herbal blend.

Choice Organic Teas Sweet Liquorice Mint Savor the sweet, refreshing taste of summer.

Equal Exchange Organic Rooibos Tea Earthy yet smooth, this noncaffeinated brew will make you a rooibos convert.

7. CHIPS

Readers' fave:
Food Should Taste Good Blue Corn Tortilla Chips

Flaxseeds and quinoa mingle with organic blue corn in this delightfully light, crispy chip.

Runners-up:

Flamous Brands Organics Original Falafel Chips No dip required for these big, flavorful crunchers.

Good Health Natural Foods Avocado Oil Potato Chips, Barcelona Barbecue Avocado oil adds a rich dimension to spicy-sweet barbecue chips.

Terra Exotic Harvest Vegetable Chips, Sea Salt Each bite is a flavorful surprise.

8. CRACKERS

Readers' fave:
Milton's Original Multi-Grain Baked Crackers

The blend of seeds and grains keeps you coming back for more.

Runners-up:

Crunchmaster Multi-Seed Crackers, Original A gluten-free and totally addictive blend of toasted sesame seeds, quinoa, flax, and amaranth.

Doctor Kracker Organic & Artisan-Baked Flatbread, Seedlander Deeply crunchy and satisfying.

Mary's Gone Crackers Original These delicious, thin disks are easy to eat—and love.

9. NATURAL PEANUT BUTTERS

Readers' fave:
Adams 100% Natural Peanut Butter, Creamy

Go nuts finding all the recipes that will shine with this spread.

Runners-up:

Justin's Organic Classic Peanut Butter If you loved Skippy or Jif as a kid—but demand organic as a grown-up—try this subtly sweet spread.

Laura Scudder's All Natural Old Fashioned Peanut Butter, Smooth A longtime favorite of the *VT* staff.

Once Again Organic Smooth No Salt Peanut Butter Going au naturel never tasted so good.

10. JAMS & FRUIT SPREADS

Readers' fave:
Eden Organic Apple Cherry Butter

Spreadable fruit that tastes like it's straight from the tree.

Runners-up:

Bonne Maman Four Fruits Preserves A blend for the gods: cherries, strawberries, red currants, and raspberries.

Crofter's Superfruit Spread, Europe A continental combo of organic pomegranate, black currant, Morello cherries, and red grapes.

11. MAYOS

Readers' fave:
Spectrum Organic Omega-3 Mayonnaise with Flax Oil

A classic with supreme flax power.

Runners-up:

Follow Your Heart Original Vegenaise This whipped vegan alternative will make your sandwiches and tofu salads silkier than ever.

Miso Mayo Garlic 'N' Dill Get your B12 with this flavor-packed spread.

Nasoya Dijon Style Nayonaise A mustardy blend, great with tempeh BLT sandwiches.

12. BREADS

Readers' fave:
Rudi's Organic Bakery 7 Grain with Flax

Light, fluffy texture with a subtle sweetness.

Runners-up:

Alvarado St. Bakery California Style Complete Protein Bread Hearty with wheat berries, millet, and lentils, this healthful bread is light-tasting.

French Meadow Bakery Certified Organic 100% Rye Bread with Flaxseed Thin, moist slices that taste great toasted.

13. BAKED SWEETS

Readers' fave:
Earnest Eats Choco Peanut Butter Bar

Forget the candy bar. This sweet treat is all you need.

Runners-up:

Health Valley Original Amaranth Bran Graham Crackers A guilt-free, high-fiber dessert with a rich molasses flavor.

Nairn's Oat Biscuits, Mixed Berries Tangy berries and sweetened oats put this biscuit in the I-can't-believe-it's-vegan category.

O'Cookies Wholesome Bites Vegan Dark Chocolate Raisin Oat *VT* staffers were hoarding these mini cookies in their desk drawers.

14. VEG TORTILLAS

Readers' fave:
La Tortilla Factory Smart & Delicious 100 Calorie Tortillas, Whole Wheat

Tasty, low-cal, and loaded with fiber (8 grams per serving)—everything you've ever wanted in a tortilla!

Runners-up:

Food for Life Ezekiel 4:9 Sprouted Grain Tortillas Make every carb count with these wholesome sprouted grains.

Rudi's Organic Bakery Spelt Tortillas Liven up your wrap recipes with some spelt.

15. TOFU TWISTS

Readers' fave:
Wildwood Organics Royal Thai Baked SprouTofu

Great baked-in flavor adds a yum factor to any meal.

Runners-up:

Nasoya Silken Style Creations Our beloved strawberry flavor was discontinued, but all is not lost—there is still dark chocolate.

Helen's Kitchen Original GardenSteak Precooked and packed with protein, this is the perfect sandwich stuffer.

Soyganic Smoked Tofu A little smoky protein goes a long way, especially in salads.

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2010 foodie awards

Whether smooth or crunchy, more salty or more sweet, natural nut butter is a guilt-free treat.

16. NO-MOO MILKS

Readers' fave:
Almond Breeze Original, Unsweetened
This rich-tasting almond milk looks creamy-white in your cereal bowl and has only 40 calories per serving.

Runners-up:

Edensoy Extra Original, Organic Organic goodness for your glass.

Living Harvest Tempt Hempmilk, Original Drench your cereal with nutty, healthful hemp milk.

Pacific Natural Foods Low Fat Plain Rice Milk Sweet, satisfying, and sure to make the kids happy.

17. VINEGARS

Readers' fave:
Fleischmann's Organic Apple Cider Vinegar
A cultivated taste that other apple cider vinegars can't match.

Runners-up:

Eden Selected Ume Plum Vinegar Perfect for rounding out flavor in sauces and stir-fries.

Lucini Dark Cherry Balsamico The thick, cherry sweetness makes it stand out in a crowd.

Nakano Natural Rice Vinegar A splash or two makes almost anything taste better.

18. RICE & QUINOA

Readers' fave:
Eden Organic Red Quinoa
Go red for a delicious, nutritious side dish with good looks and a nutty flavor.

Runners-up:

Alter Eco Black Quinoa This black variety offers more chewy texture for a satisfying bite.

Lundberg Jubilee An appealing gourmet blend of black, brown, and red rices.

Tasty Bite Basmati Rice This fragrant, fluffy basmati is ready whenever you are—just heat and eat.

19. FROZEN DESSERTS

Readers' fave:
Luna & Larry's Coconut Bliss, Cherry Amaretto
Coconut milk is such a yummy base for ice cream, it was hard to nominate just one flavor, but this was the one.

Runners-up:

Choctal Costa Rican Chocolate Ice Cream This chocolaty confection is loaded with real cream, sugar, Madagascar vanilla, and a heavy dose of complex Costa Rican cocoa.

Living Harvest Tempt Coffee Biscotti Non-Dairy Frozen Dessert Get your dessert and coffee fix in one with this rich, satisfying treat.

So Delicious Hibiscus Coconut Water Sorbet Warning: it will create a cool summer breeze in your mouth.

+HUNGRY FOR MORE INFORMATION ON THESE SHOPPER'S DELIGHTS? GO TO VEGETARIANTIMES.COM/ESSENTIAL30.

20. CEREALS

Readers' fave:
Bare Naked 100% Pure & Natural Banana Walnut Cereal
The complex blend of tastes and textures makes you crave another bowlful.

Runners-up:
Barbara's Shredded Wheat Back to basics with a comfort food classic.

Bob's Red Mill Organic Extra Thick Rolled Oats Smoother than steel-cut, heartier than run-of-the mill rolled oats—it's the perfect bowl of porridge!

Nature's Path Organic Flax Plus Raisin Bran A tasty way to get your omegas.

21. SOUPS

Readers' fave:
Wolfgang Puck Organic Thick Hearty Vegetable Soup
A pantry must-have, with a tasty base and plenty of big, chunky veggies.

Runners-up:
Dr. McDougall's Black Bean Soup A hearty, protein-packed lunch.

Imagine Organic Creamy Broccoli Soup Creamy satisfaction without the cream.

Kettle Cuisine Tomato Soup with Garden Vegetables Why settle for plain tomato, when you can have the whole garden?

22. FROZEN ENTRÉES

Readers' fave:
Amy's Rice Macaroni with Non-Dairy Cheeze
The ultimate vegan cheese (Daiya) is featured in this comfort food staple.

Runners-up:
EVOL Burritos Tofu & Spinach Sauté Takes frozen burritos to another level.

Kitchens of India Mutter Paneer with Basmati Rice, Naan & Pindi Chana An entire, tasty meal in a box.

23. BOUILLON

Readers' fave:
Better Than Bouillon Organic Vegetable Base This fridge staple makes it easy to create quick, flavorful soups with any veggies you have on hand.

Runners-up:
Edward & Sons Not-Chick'n Look no further for mock-chicken soups.

Rapunzel Vegan Vegetable Bouillon with Sea Salt Easy-to-store cubes with a nice light, herb flavor.

24. QUICK SAUCES

Readers' fave:
Monique's Rustic Roasted Garlic Sauce
Turns plain pasta into a meal to sing about.

Runners-up:
Maya Kaimal Tikka Masala Fresh Simmer Sauce Skip the takeout, and look for this superior sauce in the refrigerator section.

Seeds of Change Organic Madras Simmer Sauce Mix and match with your favorite veggies and beans for authentic homemade curry in a flash.

Stonehouse 27 Cilantro & Coconut Cooking Sauce Adds zest to cooked grains and veggies.

25. CHEESES (OR NOT)

Readers' fave:
Organic Valley Raw Sharp Cheddar Cheese
Everything you've ever wanted in a cheese—except it doesn't replenish itself.

Runners-up:
Daiya Cheddar Style Shreds Melts so well, you'll never know it's vegan.

Dr-Cow Tree Nut Cheese Aged Cashew & Hemp Seeds Cheese Complex flavor satisfies as with fine cheese, sans cow.

Follow Your Heart Vegan Gourmet Mozzarella Cheese Alternative Shredded, this makes a great topper for lasagna or baked pasta.

V-Bites Smoked Cheddar Style Cheezly The flavor of this smoked cheeze is oh so comforting.

26. SPICE BLENDS

Readers' fave:
Bragg Organic Sprinkle Seasoning
The versatility of this spice blend is what makes it No. 1.

Runners-up:
Frontier Natural Products Co-op Garam Masala Creates depth and a hint of sweetness to awaken your palate.

Frontier Natural Products Co-op Black Peppercorns with Chipolte Adds a delicious smoky flavor to potatoes and the like.

Jaffe Brothers Organic Northern Italian Seasoning Get all these goodies in one: basil, oregano, rosemary, garlic, and porcini mushrooms.

27. LIQUID SWEETENERS

Readers' fave:
SweetLeaf Liquid Stevia, English Toffee
Turns any drink into a sweet, smooth treat.

Runners-up:
Coombs Family Farms Pure Maple Syrup Mmm, tastes like they just tapped the tree.

Lundberg Sweet Dreams Organic Brown Rice Syrup Wonderful sugar substitute for baked goods.

Wholesome Sweeteners Organic Raw Honey Golden color and thick consistency make this a standout.

28. NUT & SEED OILS

Readers' fave:
Spectrum Organic Sesame Oil, Unrefined
Adds the perfect flavor to any Asian-inspired dish.

Runners-up:
Bija Organic Hydro-Therm Almond Oil Try this in baked goods for rich almond flavor.

La Tourganelle Roasted Pecan Oil The aroma and taste of roasted pecans will make this a favorite in your kitchen.

29. ORGANIC PLAIN YOGURTS

Readers' fave:
Oikos Organic Greek Yogurt, Plain Nonfat
Deeply rich and thick with 0 grams of fat and 15 grams of protein, this organic yogurt had us at hello.

Runners-up:
Nancy's Organic Plain Lowfat Yogurt The combo of consistency and taste makes Nancy's perfect for cooking.

Wildwood Probiotic Soyogurt Unsweetened Plain Sugar-free plain soy yogurt with velvety texture and tart flavor.

Voskos Organic Greek Yogurt Plain Non Fat If you like your Greek yogurt with a little more sweet and a little less tart, you'll love this creamy creation.

30. GLUTEN-FREE COOKIES & CAKES

Readers' fave:
Amy's Gluten Free Non-Dairy Chocolate Cake
A cake you can proudly serve anywhere, anytime. No one will guess it's gluten-free (or from the freezer).

Runners-up:
Ian's Wheat Free/Gluten Free Chocolate Chip Cookie Buttons So cute and tasty, you'll find yourself grabbing for more.

Immaculate Baking Co. Chocolate Chunk Gluten Free cookie dough We couldn't believe it was gluten-free.

Mi-Del Gluten-Free Ginger Snaps Enjoy a burst of ginger in these petite, satisfying treats.

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RECIPES BY Ann Gentry

A WORLD OF Vegetarian delights

GIVE YOUR HARVEST CELEBRATION extra meaning this year by making it an all-out veg extravaganza for World Vegetarian Day (October 1). This internationally inspired dinner menu is guaranteed to wow seasoned vegetarians while winning over omnivores to a new way of eating.

PHOTOGRAPHY Maren Caruso FOOD STYLING Kimberly Kissling PROP STYLING Christine Wolheim

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VT executive chef Ann Gentry shares a menu of globally inspired dishes in honor of World Vegetarian Day

South American Squash and Vegetable Ragoût, p. 64

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Clockwise from top left: Aromatic Brown Jasmine Rice, p. 64; South American Squash and Vegetable Ragoût, p. 64; Raw Kale Salad with Root Vegetables, p. 65;

Out OF THIS world

Indian-spiced rice and a salad of North American ingredients complement an Argentinean-style stew in a squash bowl.

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Maple Bundt Cake, p. 65

South American Squash and Vegetable Ragoût

SERVES 6

This veg version of an Argentinean stew (*carbonada criolla*) is perfect for when the weather turns chilly. The filling can be made up to two days ahead, then baked in acorn squash shells just before serving.

- 6 dried pitted apricots
- 4 dried pitted prunes
- 6 small acorn or butternut squash
- 1 Tbs. olive oil, plus more for coating squash
- 1 small Spanish onion, diced (1 cup)
- 3 cloves garlic, minced (1 Tbs.)
- 2 tsp. dried oregano
- 1 small red bell pepper, diced (1 cup)
- 1 14.5-oz. can whole tomatoes, coarsely chopped, juice reserved
- 1 small Yukon gold potato, peeled and diced (1 cup)
- 1 small sweet potato, peeled and diced (1 cup)
- ½ cup fresh or frozen corn kernels
- 1 15-oz. can kidney beans, rinsed and drained

1. Place apricots and prunes in bowl, and cover with 1 cup boiling water. Soak 2 hours, or overnight. Drain, and coarsely chop fruit, reserving liquid.
2. Preheat oven to 350°F. Coat baking sheet with cooking spray. Cut circular opening in squash tops, and reserve tops. Cut small slices off bottoms of squash so they stand up straight. Scoop out and discard seeds and fiber from squash. Rub outsides of squash shells and lids with oil, and place on prepared baking sheet.
3. Heat 1 Tbs. oil in large saucepan over medium heat. Add onion, garlic, and oregano; sauté 2 to 3 minutes. Add bell pepper and tomatoes and juice; cook 2 to 3 minutes. Add potato, sweet potato, and reserved apricot-prune soaking liquid, and bring to a boil. Reduce heat to medium-low, cover, and simmer 15 to 20 minutes, or until potatoes are almost soft. Add corn and apricot-prune mixture, and simmer 2 to 3 minutes more. Add beans, and season with salt and pepper, if desired. Simmer 5 minutes more.
4. Ladle 1 cup stew into each hollowed squash; place lid on top. Bake 60 to 90 minutes, or until fork can easily pierce through squash.

PER SERVING: 376 CAL; 10 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 84 G CARB; 0 MG CHOL; 298 MG SOD; 14 G FIBER; 23 G SUGARS (V) (GF)

Crostini with Sun-Dried Tomato Aïoli, Smoky Peppers, and Roasted Corn

MAKES 12 CROSTINI

This recipe is a cool-weather alternative to fresh tomato-topped crostini once tomatoes are no longer in season.

- ½ cup dry-pack sun-dried tomatoes
- ½ cup soy mayonnaise
- 1 clove garlic, minced (1 tsp.)
- 2 tsp. chopped fresh rosemary
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 1 medium red bell pepper
- ¼ cup fresh or frozen (thawed) corn kernels
- 12 ½-inch-thick slices French baguette
- ¼ cup olive oil

1. Bring saucepan of water to a boil. Add sun-dried tomatoes, cover, and remove from heat. Let stand 30 minutes. Drain tomatoes, reserving soaking liquid. Blend tomatoes, mayonnaise, garlic, rosemary, salt, and pepper in food processor until tomatoes and rosemary are minced, and mixture is creamy.
2. Roast bell pepper (using tongs) over gas burner 3 to 4 minutes, or until blackened on all sides. Place bell pepper in paper bag, cool until easy to handle, then peel and seed. Cut bell pepper into thin strips, and place in bowl.
3. Preheat oven to 425°F. Line baking sheet with parchment paper. Salt corn kernels, if desired, and spread on prepared baking sheet. Roast 10 minutes, or until corn starts to brown. Transfer to bowl with bell pepper strips.
4. Brush both sides of baguette slices with oil, and arrange in single layer on baking sheet. Bake 4 to 5 minutes per side, or until lightly toasted.
5. Spread 1 Tbs. aïoli on each baguette slice. Divide bell pepper mixture among crostini, and serve.

PER CROSTINO: 157 CAL; 2 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 11 G CARB; 0 MG CHOL; 213 MG SOD; 1 G FIBER; 1 G SUGARS (V)

Aromatic Brown Jasmine Rice

SERVES 6

Seasoned with a hint of Indian spice, this rice recipe is subtle enough to go with a wide variety of dishes.

- 2 cups uncooked brown jasmine rice, rinsed and drained
- 1 cinnamon stick
- ½ tsp. salt, divided
- 1 Tbs. ghee (clarified butter) or vegetable oil
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. garam masala
- 1 small onion, diced (1 cup)
- 1 cup fresh or frozen green peas

1. Combine rice, 3¼ cups water, cinnamon stick, and ¼ tsp. salt in large saucepan. Bring to a boil over high heat. Reduce heat to low, cover, and simmer gently 35 minutes, or until rice is tender and all liquid is absorbed.
2. Heat ghee in large skillet over medium heat until hot. Add garlic and garam masala, and heat 15 seconds. Add onion

WINTER SQUASH

Wonderland

A wide array of winter squash hits the market in the fall, so feel free to substitute any small, bowl-shaped variety for the acorn squash in the ragoût.

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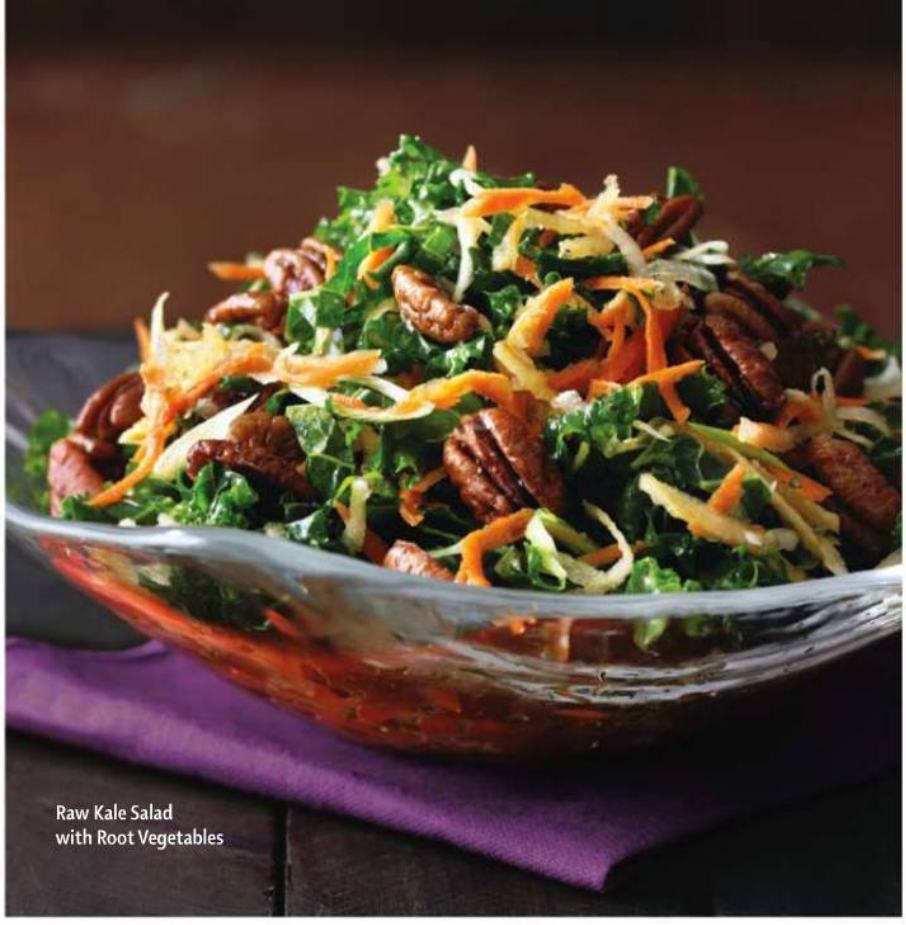
and remaining 1/4 tsp. salt. Reduce heat to low, and cook 5 minutes, or until onion is translucent, stirring occasionally. Add peas, and cook 2 minutes more.
3. Remove cinnamon stick from rice. Stir rice into onion mixture, and cook 2 to 3 minutes more. Transfer to serving dish, and fluff rice with fork.

PER ¾-CUP SERVING: 242 CAL; 6 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 48 G CARB; 7 MG CHOL; 197 MG SOD; 5 G FIBER; 4 G SUGARS GF

Raw Kale Salad with Root Vegetables

SERVES 6

Tender, long-leafed Lacinato kale works especially well in this recipe, but any variety will do if it's cut very thin and given a thorough rubdown with salt, vinegar, and oil. The grated root vegetables and maple-glazed pecans add just the right crunchiness.



Raw Kale Salad with Root Vegetables

SALAD

- 2 12-oz. bunches kale, stems removed, leaves cut into thin strips or chiffonade
- 2 Tbs. olive oil
- 1 Tbs. apple cider vinegar
- 1½ tsp. salt, divided
- 1 cup whole pecans
- ¼ cup pure maple syrup
- 2 Tbs. canola oil
- ¼ tsp. cayenne pepper
- 1 medium turnip, peeled and grated (1 cup)
- ½ medium rutabaga, peeled and grated (1 cup)
- 1 medium carrot, grated (⅓ cup)
- 2 green onions, cut thin on diagonal

DRESSING

- 2 Tbs. lemon juice
- 1 Tbs. grated lemon zest
- 1 Tbs. olive oil
- 1 Tbs. low-sodium soy sauce
- 2 tsp. agave nectar

1. To make Salad: Place kale in large bowl, and pour olive oil, vinegar, and 1 tsp. salt over top. Gently massage mixture into kale about 2 to 3 minutes by hand, or until kale starts to wilt. Let rest 30 minutes.
2. Preheat oven to 375°F. Line baking sheet with parchment paper. Toss together pecans, maple syrup, canola oil, remaining 1/2 tsp. salt, and cayenne in medium bowl. Spread nut mixture in single layer on prepared baking sheet; bake 8 to 10 minutes, or until pecans are brown and fragrant, stirring frequently. Cool in pan.
3. To make Dressing: Whisk together lemon juice, lemon zest, oil, soy sauce, and agave nectar in bowl. Season with salt and pepper, if desired.
4. Stir turnip, rutabaga, carrot, and green onions into kale mixture. Toss with Dressing. Garnish with pecans.

PER 1-CUP SERVING: 321 CAL; 5 G PROT; 24 G TOTAL FAT (2 G SAT FAT); 27 G CARB; 0 MG CHOL; 732 MG SOD; 5 G FIBER; 14 G SUGARS V

Maple Bundt Cake

SERVES 12

In North America, maple remains the ultimate autumn sweetener. This simple dessert is so rich and sweet, it needs only a dusting of confectioners' sugar for decoration.

- 3⅓ cups whole-wheat pastry flour
- 2 tsp. baking powder
- 2 tsp. baking soda
- 2 tsp. ground cinnamon
- ½ tsp. salt
- 1⅓ cups pure maple syrup
- ⅔ cup canola oil
- 2 Tbs. vanilla extract
- 1 Tbs. apple cider vinegar
- 2 tsp. maple extract
- Confectioners' sugar, for dusting

1. Preheat oven to 325°F. Lightly coat 10-inch Bundt pan with cooking spray.
2. Whisk together flour, baking powder, baking soda, cinnamon, and salt in bowl.
3. Whisk maple syrup, oil, vanilla extract, apple cider vinegar, maple extract, and 1 1/3 cups water in large separate bowl. Stir in flour mixture until just blended.
4. Pour batter into prepared pan. Bake 50 to 60 minutes, or until toothpick inserted in center comes out clean and cake begins to pull away from sides of pan. Cool in pan on rack 20 minutes. Unmold onto rack, and cool completely. Dust with confectioners' sugar before serving.

PER SLICE: 361 CAL; 4 G PROT; 13 G TOTAL FAT (<1 G SAT FAT); 57 G CARB; 0 MG CHOL; 384 MG SOD; 5 G FIBER; 26 G SUGARS V

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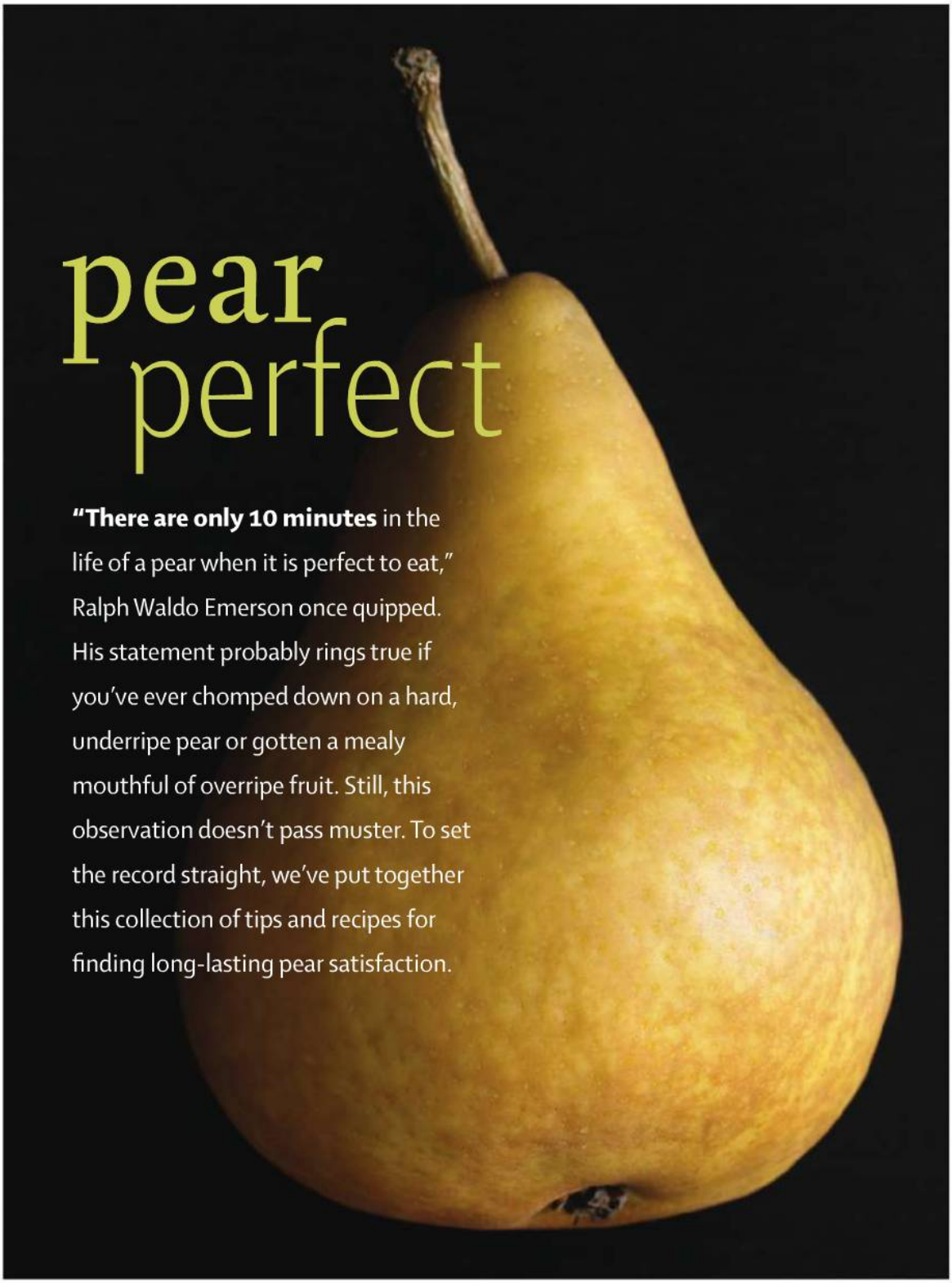
BY Mary Margaret Chappell

A COOK'S GUIDE TO GETTING THEM RIGHT (AND RIPE) EVERY SINGLE TIME



pear perfect

"There are only 10 minutes in the life of a pear when it is perfect to eat," Ralph Waldo Emerson once quipped. His statement probably rings true if you've ever chomped down on a hard, underripe pear or gotten a mealy mouthful of overripe fruit. Still, this observation doesn't pass muster. To set the record straight, we've put together this collection of tips and recipes for finding long-lasting pear satisfaction.

PHOTOGRAPHY Maren Caruso FOOD STYLING Kimberly Kissling PROP STYLING Christine Wolheim

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Pear Tarte Tatin

SERVES 8

If you're not eating this tart right away, cool it in the pan to keep the juices from making the crust soggy. Warm 10 minutes in a 350°F oven, then unmold.

- ⅔ cup sugar
- ¼ cup pine nuts
- 4 Bosc, Comice, or Concorde pears, peeled, quartered, and cored
- 1 sheet frozen puff pastry, thawed (½ 17.3-oz. pkg.)

1. Preheat oven to 375°F. Stir together sugar and ⅓ cup water in saucepan, and bring to a boil over high heat, swirling pan occasionally to dissolve sugar. Boil syrup 5 minutes, or until it becomes amber-colored.
2. Pour caramel into 8-inch round baking pan, swirling to cover bottom completely with caramel. Sprinkle pine nuts over caramel. Arrange pears in circle with wide sides out, then place 1 pear quarter in center to fill hole.
3. Unfold puff pastry and trim off one-third. Reserve for another use. Place remaining two-thirds puff pastry over pears; trim to fit pan, then press onto edges to seal. Prick all over with fork.
4. Bake 45 minutes to 1 hour, or until puff pastry is golden brown and looks dry on top. Cool 20 minutes. Invert tart onto serving plate, and serve warm.

PER SLICE: 244 CAL; 2 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 39 G CARB; 0 MG CHOL; 46 MG SOD; 3 G FIBER; 26 G SUGARS

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Quick Walnut Pâté Sandwiches with Pears and Arugula

Quick Walnut Pâté Sandwiches with Pears and Arugula

MAKES 8 SANDWICHES | 30 MINUTES OR FEWER

Pears add a sweet, juicy crunch to sandwiches—try them in place of tomatoes or other veggies.

WALNUT PÂTÉ

- 1 cup walnut pieces
- 1½ cups cooked cannellini beans or 1 15-oz. can cannellini beans, rinsed and drained
- 2 Tbs. lemon juice
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. olive oil

SANDWICHES

- 16 slices whole-grain bread
- 4 large jarred roasted red bell peppers, rinsed, drained, and halved
- 2 large Anjou, Bartlett, or Concorde pears, peeled and sliced
- 2 cups baby arugula

1. To make Walnut Pâté: Preheat oven to 350°F. Spread walnuts on baking sheet, and toast in oven 7 to 10 minutes, or until browned, shaking pan occasionally.
2. Transfer walnuts to bowl of food processor; add beans, lemon juice, garlic, oil, and ¼ cup water. Purée until smooth. Season with salt and pepper, if desired.
3. To make Sandwiches: Spread each of 8 bread slices with 3 Tbs. Walnut Pâté. Top each with red bell pepper half, 2 pear slices, and ¼ cup arugula. Spread remaining 8 bread slices with 1 Tbs. Walnut Pâté. Place on top of sandwiches.

PER SANDWICH: 318 CAL; 12 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 44 G CARB; 0 MG CHOL; 453 MG SOD; 9 G FIBER; 11 G SUGARS (V)

Ginger-Pear Muffins

MAKES 15 MUFFINS

If you like extra ginger zing, fold ½ cup finely diced candied ginger into the batter for these tender muffins.

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 Tbs. ground ginger
- 1 Tbs. grated lemon zest
- 2¼ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 large eggs
- ⅓ cup canola oil
- ¾ cup sugar
- ¼ cup light brown sugar
- 1 tsp. vanilla extract
- ¾ cup low-fat milk
- 3 Bosc, Comice, or Concorde pears, peeled and cut into ½-inch chunks (2 cups)

1. Preheat oven to 350°F. Coat 15 muffin pan cups with cooking spray.
2. Whisk together flours, ginger, lemon zest, baking powder, baking soda, and salt in bowl.
3. Whisk together eggs and oil in separate bowl. Whisk in sugar, brown sugar, and vanilla. Whisk in milk.
4. Stir flour mixture into egg mixture until no lumps remain. Stir in pears.
5. Scoop batter into prepared muffin cups. Bake 30 to 35 minutes, or until toothpick inserted in center of 1 muffin comes out clean. Cool 10 minutes in pan. Unmold onto wire rack.

PER MUFFIN: 185 CAL; 3 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 31 G CARB; 29 MG CHOL; 202 MG SOD; 2 G FIBER; 17 G SUGARS

Roasted Pear Salad with Chèvre and Fig Vinaigrette

SERVES 8

This easy, elegant fall salad can be served as a light supper.

- 4 Bosc, Comice, Concorde, or Bartlett pears, halved and cored
- 8 tsp. plus 2 Tbs. fig jam, divided
- 5 oz. soft goat cheese, cut into 8 slices
- 1 Tbs. olive oil, plus more for drizzling, divided
- 2 Tbs. lemon juice
- ½ tsp. Dijon mustard
- 4 cups watercress or baby arugula
- ½ small red onion, thinly sliced (½ cup)
- ¼ cup chopped toasted walnuts or pecans

1. Preheat oven to 375°F. Place pear halves cut-side up in 2 large baking dishes.
2. Spoon 1 tsp. jam in center of each pear half. Top with goat cheese rounds, and lightly drizzle with oil. Bake pears 30 minutes, or until cheese begins to brown.
3. Whisk together remaining 2 Tbs. fig jam, lemon juice, and mustard in bowl. Whisk in 1 Tbs. olive oil.
4. Divide watercress among 8 serving plates. Sprinkle with onion and walnuts. Top each with pear half, and drizzle with dressing.

PER SERVING (½ CUP SALAD WITH ½ PEAR): 173 CAL; 5 G PROT; 8 G TOTAL FAT (3 G SAT FAT); 23 G CARB; 8 MG CHOL; 82 MG SOD; 3 G FIBER; 16 G SUGARS (GF)

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Roasted Pear Salad with
Chèvre and Fig Vinaigrette

pear primer

PEAR	DESCRIPTION	BEST USES
ANJOU, RED ANJOU	Egg-shaped with smooth skins that don't change color as they ripen. Very juicy.	Eat whole as snacks or use to top salads and sandwiches.
BARTLETT, RED BARTLETT (AKA WILLIAMS)	Slightly nubby skins turn yellow or bright red when ripe; flesh is juicy and buttery.	Try on cereal, with cheese, or in baked goods. Great for canning.
BOSC	Russet-hued with an elongated neck. Boscs have the highest sugar content of commercially sold pears.	Bakers and pastry chefs choose Boscs for their firm, spicy flesh and elegant shape.
COMICE	Thin-skinned with a juicy, custardy flesh; also called Christmas pears.	Poach, use in baking, or pair with cheese.
CONCORDE	Fragrant with a faint blush to their skins, Concorde pears are a cross between Comice and Conference pears.	Their elongated necks and rosy skin make Concordes an attractive choice for baking, poaching, and using in salads.
FORELLE	Bell-shaped and small with a speckled reddish-green skin. Forelles are the most seasonally sensitive pears—they don't ripen well after storage.	Savor as a snack or sliced into a salad.
SECKEL	Small, round, green or reddish pears that are so sweet, they're sometimes called sugar pears. Usually sold locally as they do not travel or store well.	Best eaten raw to enjoy their crisp sweetness.

SOURCE: USAPEARS.COM

"Pears are one of the few fruits harvested when they're mature but not ripe—it's after harvest that the starch begins to convert to sugar and the fruit ripens," explains Cristie Mather, a spokeswoman for the nonprofit marketing organization Pear Bureau Northwest. "Ideally, you'll find pears in varying degrees of ripeness when you're shopping, so you can choose some that are ready to eat and others that can finish ripening at home."

To ripen pears at home, keep them at room temperature until the necks have a little give, recommends Mather. "Pears ripen from the inside out, so if you wait until the wider part feels ripe, they might be a little too soft." To stop the ripening process, put the pears in the fridge, where they'll stay tender and juicy for three to five days.

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Prosecco-Poached Pear Tiramisu

SERVES 12

There's not much wasted in this coffee-free version of the Italian dessert classic: sparkling wine is used to poach the pears and to plump the ladyfingers.

PEARS

- 2 cups Prosecco
- 1 cup sugar
- 1 strip lemon zest
- ½ vanilla bean
- 3 Bartlett, Bosc, Comice, or Concorde pears, peeled, quartered, and cored

TIRAMISU

- 2 8-oz. pkg. light whipped cream cheese
- ½ cup light sour cream
- ¼ cup confectioners' sugar
- ¼ cup low-fat milk
- 1 vanilla bean
- 3 3.5-oz. pkg. ladyfingers
- ½ cup unsweetened cocoa powder
- ½ cup grated bittersweet chocolate

1. To make Pears: Combine Prosecco, sugar, and lemon zest in saucepan. Split vanilla bean, scrape seeds into saucepan, and add vanilla pod. Bring to a boil. Add pears, reduce heat to low, and simmer 15 minutes, or until pears are tender, but not soft. Cover, and cool pears in liquid. Drain cooled pears, remove vanilla pod, and reserve poaching liquid. Slice pears.

2. To make Tiramisu: Pulse cream cheese, sour cream, confectioners' sugar, and milk in food processor until smooth. Scrape seeds from vanilla bean into mixture, and pulse until combined.

3. Line 11- x 7-inch baking dish with ladyfingers. Brush with poaching liquid. Top with half of pear slices. Spread half of cream cheese mixture over Pears, and sprinkle with ¼ cup cocoa powder and ¼ cup chocolate. Repeat layering with remaining ladyfingers, poaching liquid, pear slices, cream cheese mixture, cocoa powder, and chocolate. Chill overnight.

PER ½-CUP SERVING: 320 CAL; 7 G PROT; 10 G TOTAL FAT (6 G SAT FAT); 53 G CARB; 77 MG CHOL; 367 MG SOD; 3 G FIBER; 38 G SUGARS

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BY Melynda Saldenais

Make smoky, not-too-hot poblano chiles your go-to ingredient for spicing up recipes

poblano chiles

With their heart shape, shiny skin, and deep emerald color, poblano chiles have a special allure, even among the rainbow hues of similar-sized peppers. "Poblanos appeal to a lot of folks because they are big peppers and don't pack too much of a punch," says Monte Skarsgard, chief farming officer of Los Poblanos Organics farm in Albuquerque, N.M. Size and mildness give poblano chiles more versatility than their smaller, spicier counterparts (think jalapeños). Poblanos can be blended into salad dressings, sautéed with onion and garlic for a salsa-like condiment, or recruited to season chilies and stews. Plus, adds Skarsgard, "You can stuff the heck out of them."

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Poblano White Chili, p. 75

PHOTOGRAPHY **Romulo Yanes** FOOD STYLING **Maggie Ruggiero** PROP STYLING **Cindy DiPrima**

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Baked Chiles Rellenos with Smoky Tomato Sauce

MAKES 6 STUFFED CHILES

Traditional chiles rellenos are dipped in a light egg batter and fried. Here, we keep the same crisp outside but take away extra fat and calories by baking the stuffed, breaded chiles.

CHILES RELLENOS

- 6 large poblano chiles
- 2 tsp. vegetable oil
- ½ medium onion, chopped (1 cup)
- 1 medium zucchini, chopped (1 cup)
- ½ cup fresh or frozen corn kernels
- 1 cup shredded low-fat Cheddar or Monterey Jack cheese
- 1 large egg
- 1 cup panko breadcrumbs
- ¼ cup chopped cilantro
- 1 lime, cut into 6 wedges
- ¼ cup low-fat sour cream or plain yogurt

SAUCE

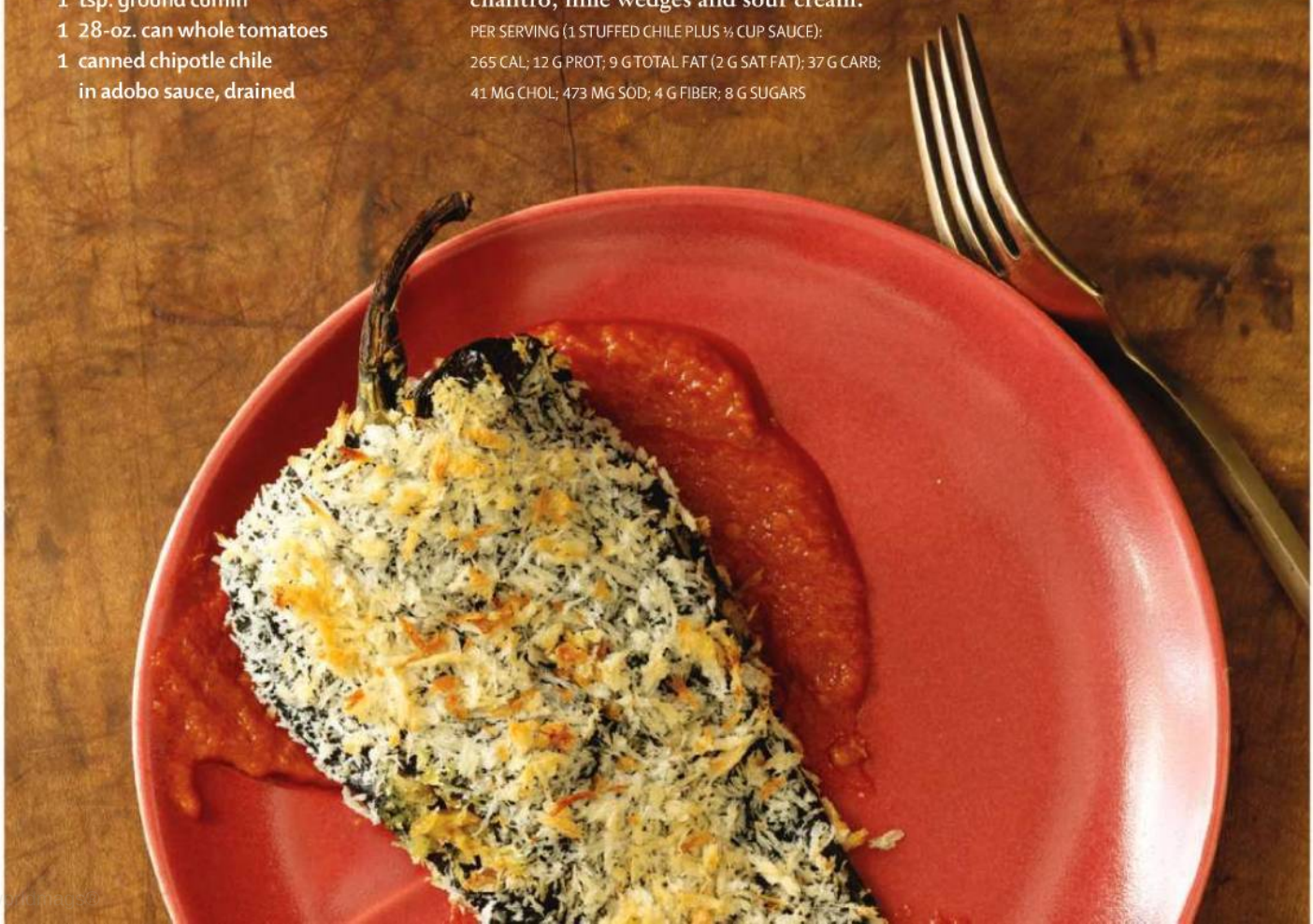
- 2 tsp. vegetable oil
- ½ medium onion, chopped (1 cup)
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 28-oz. can whole tomatoes
- 1 canned chipotle chile in adobo sauce, drained

1. To make Chiles Rellenos: Roast and peel chiles (see p. 75). Cut 3-inch slit in each chile, and remove seeds with spoon.
2. Preheat oven to 425°F. Heat oil in skillet over medium heat. Add onion, and cook 5 minutes, or until soft. Add zucchini and corn, and cook 5 minutes more. Season with salt, if desired. Transfer to bowl, and stir in cheese.
3. Stuff each chile with ½ cup zucchini mixture. Secure closed with toothpicks.
4. Whisk egg with ½ cup water in bowl. Spread breadcrumbs on plate.
5. Dip chiles in egg wash. Coat with breadcrumbs. Place on baking sheet, and bake 15 to 25 minutes, or until golden.
6. To make Sauce: Heat oil in saucepan over medium heat. Add onion, chili powder, and cumin, and cook 4 to 5 minutes, or until onion is soft and spices are fragrant. Add tomatoes, and simmer 10 minutes, breaking up tomatoes with spatula or wooden spoon. Transfer to blender, add chipotle chile, and blend on low speed until Sauce is smooth. Serve Chiles Rellenos with Sauce, cilantro, lime wedges and sour cream.

PER SERVING (1 STUFFED CHILE PLUS ⅓ CUP SAUCE): 265 CAL; 12 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 37 G CARB; 41 MG CHOL; 473 MG SOD; 4 G FIBER; 8 G SUGARS

SHOP SMART

When choosing poblanos, look for the darkest, firmest chiles you can find. "The darker color gives them a more complex flavor—acidity with some smoky sweetness. They also should be so firm that they almost squeak in your paw as you grab them," says Monte Skarsgard of Los Poblanos Organics farm in Albuquerque, N.M.



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Rajas

MAKES 2 CUPS

Rajas are often served as a side dish or as a condiment for soups and stews, but they're also delicious over tostadas, nachos, and chilaquiles.

- 6 poblano chiles (1 lb.)
- 2 tsp. vegetable oil
- 1 large onion, thinly sliced (2 cups)
- 2 cloves garlic, peeled and thinly sliced
- 1 tsp. dried oregano

1. Roast and peel poblanos (see below). Slice into ¼-inch strips; set aside.
2. Heat oil in skillet over medium heat. Add onion and garlic, and cook 5 to 9 minutes, or until onion is soft and golden brown. Add oregano and poblano strips, and cook 3 to 4 minutes more, or until heated through. Season with salt and pepper, if desired.

PER ½-CUP SERVING: 101 CAL; 4 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 18 G CARB; 0 MG CHOL; 11 MG SOD; 2 G FIBER; 3 G SUGARS

Poblano White Chili

SERVES 8

This quick chili gets its tang from goat cheese, lime juice, and poblanos.

- 3 cups cooked white beans or 2 15.5-oz. cans white beans, rinsed and drained
- 1 recipe Rajas (see above)
- 2 cups low-sodium vegetable broth
- 2 tsp. dried oregano
- 1 tsp. ground cumin
- 1 cup fresh or frozen corn kernels
- ½ cup chopped cilantro, plus more for garnish
- 1 Tbs. lime juice
- ¼ cup low-fat milk
- 3 oz. fresh goat cheese
- ¼ cup roasted pumpkin seeds

1. Bring beans, Rajas, broth, oregano, and cumin to a simmer in saucepan over medium heat. Cook 15 minutes, stirring occasionally. Stir in corn, cilantro, and lime juice. Season with salt and pepper, if desired. Cook 2 minutes more.
2. Warm milk in separate saucepan. Add goat cheese, and stir until smooth. Serve chili garnished with goat cheese sauce, pumpkin seeds, and cilantro.

PER 1-CUP SERVING: 219 CAL; 12 G PROT; 6 G TOTAL FAT (2 G SAT FAT); 31 G CARB; 5 MG CHOL; 250 MG SOD; 6 G FIBER; 4 G SUGARS

Poblano-Cheese Wafers

MAKES 48 WAFERS

Take a Southern hors d'oeuvre (cheese wafers) and doctor it up with Southwestern flavors (poblano chiles), and you get these crisp snacks with a hint of heat.

- ½ poblano chile, seeded, deveined, and cut into chunks
- 1 cup low-fat shredded Cheddar cheese
- 4 Tbs. butter or margarine, softened
- ⅔ cup all-purpose flour
- ⅓ cup yellow cornmeal or polenta
- ¼ tsp. salt
- Pinch cayenne pepper, optional

1. Chop poblano in food processor, until finely minced. Add cheese and butter, and blend until smooth. Add flour, cornmeal, salt, and cayenne, if using, and blend until smooth dough forms. Transfer to large sheet of parchment paper, place second sheet of parchment on top, and press into ¼-inch-thick disk. Refrigerate 1 hour, or overnight.
2. Preheat oven to 350°F. Peel dough disk off parchment, and place parchment sheets on 2 baking sheets, clean-sides up. Cut dough into 24 2-inch rounds with cookie cutter. Cut each round into 2 semicircles. Transfer to parchment-lined baking sheets. Bake 10 to 15 minutes, or until wafers are light brown. Cool on baking sheets.

PER WAFER: 23 CAL; <1 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 2 G CARB; 3 MG CHOL; 34 MG SOD; 0 G FIBER; 0 G SUGARS

Roasted Poblano Vinaigrette

MAKES 1½ CUPS

Smoky, tangy, and a little bit sweet, this dressing has it all. Try it over crisp greens topped with Rajas, pepitas, goat cheese, and orange sections.

- 1 poblano chile
- ½ cup sherry or red wine vinegar
- ¼ cup agave nectar
- 1 small shallot, coarsely chopped (2 Tbs.)
- 1 small clove garlic, peeled
- 1½ tsp. smoked paprika
- 1 tsp. Dijon mustard
- ¼ cup orange juice
- 1 Tbs. grated orange zest
- ½ cup vegetable oil

1. Roast and peel poblano (see below), then seed and chop. Place chopped poblano, vinegar, agave, shallot, garlic, paprika, mustard, orange juice, and orange zest in blender or food processor, and blend until smooth.
2. With motor of blender or food processor running, add oil, and blend until mixture is smooth and emulsified. Season with salt and pepper, if desired.

PER 2-TBS. SERVING: 113 CAL; <1 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 12 MG SOD; <1 G FIBER; 6 G SUGARS

Ten years after moving to Colorado and discovering the world of chile peppers, recipe developer and food writer Melynda Saldenais still swoons over poblanos' subtle heat and rich flavors.

HOW TO ROAST POBLANO CHILES

Here are three roasting methods to choose from when preparing poblano chiles.

Oven Preheat oven to 425°F. Rub whole poblanos with oil, and place on baking sheet. Roast 30 to 45 minutes, or until charred on all sides, turning with tongs. Transfer to bowl, cover, and let steam 15 minutes. Rub off skins.

Stove top Place 1 poblano directly on grate of gas burner with flame turned to high. Roast until charred on all sides, turning with tongs. Transfer to bowl, cover, and let steam 15 minutes. Rub off skin.

Grill Grill whole, dry poblanos over medium to medium-high heat until charred and blistered on all sides, turning with tongs. Transfer to bowl, cover, and let steam 15 minutes. Rub off skins.

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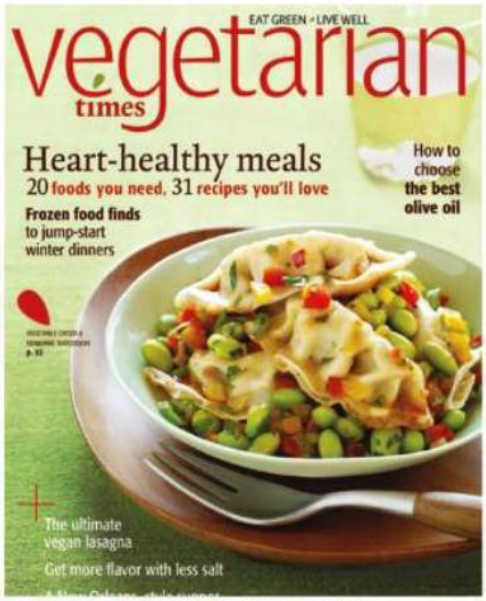

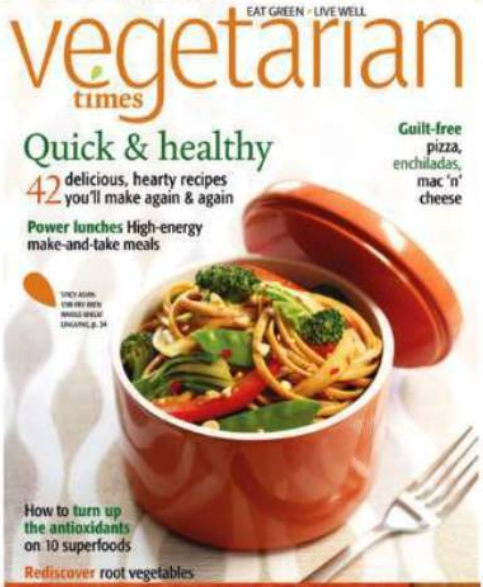

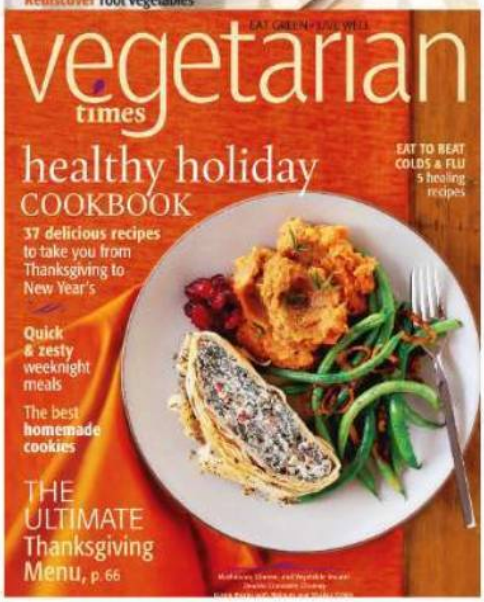

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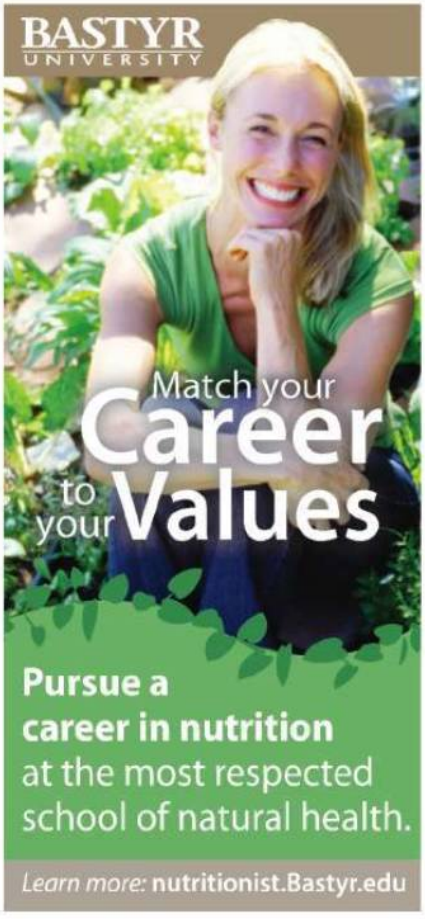

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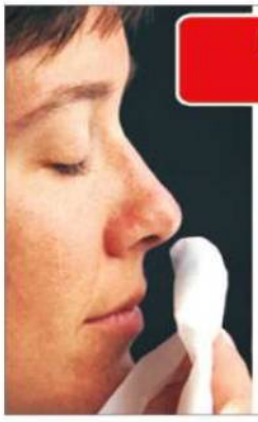

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Vegan and/or gluten-free recipes are tagged with V and GF respectively.
Look for these symbols with the nutritional information at the end of each recipe.

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BY Michael Kaminer

Lisa Bloom

As managing partner of the Los Angeles law practice The Bloom Firm, Lisa Bloom has garnered a reputation as a tough-as-nails advocate for civil rights and a fierce champion of family law. And as an outspoken legal analyst for CNN and CBS, she's won fans, and earned critics, for her hard-hitting takes on daily headlines. But at the home she shares with two rescue dogs, the 49-year-old marathon runner specializes in adventurous vegan cooking.

Veg living powers this high-energy legal eagle

Q What do you say to people who think you can't perform well as a marathon runner on a plant-based diet?

A I think it's just the opposite. I credit my vegan diet with giving me plenty of energy, and I also eat frequently throughout the day. I eat healthful food whenever I'm hungry. There's no magic to it. I eat a lot of delicious, vitamin-rich foods, like purple cabbage, red chard, bell peppers, tomatoes, and kale and other leafy greens.

Q Any tips for great vegan cooking?

A Fresh herbs, definitely. Last night I was making a warm lentil and beet salad. I found some fresh thyme, tossed it in the salad, and it was great. Always have fresh herbs on hand, and when you add them to your cooking, it's going to be good.

Q You're not afraid of a tough fight, judging from your legal cases and TV appearances. Have you ever been involved in an animal-rights case?

A I haven't, but I would love to. One thing that really bothers me right now is seeing those signs all over California about "happy cows" [for Real California Milk]. They show rolling green hills and blue skies, with the tagline, "Happy cows come from California." People think that the cows all have wonderful, happy lives. In my view, as a lawyer, that's misleading advertising.

Q You've traveled all over the world for both work and play, from Nicaragua to Fiji to China. How do you maintain a vegan regimen on the road, especially in more exotic destinations?

A When I travel, one of the first phrases I learn, after "hello" and "thank you," is "I am a vegetarian." India is by far the best place to go if you're vegetarian or vegan. I did a yoga retreat in southern India for two weeks, and every meal was a buffet with 23 vegetarian dishes that were all different and amazing. I was in heaven. And in China and Japan, you can have tofu dishes. Some airlines do offer really great vegan meals, particularly the Asian carriers. Still, I always pack plenty of Larabars and Trio bars in my suitcase.

Q There's a "Lisa Bloom (CNN Anchor) Is a Vegetarian" thread at veggieboards.com. How does that make you feel?

A [Laughs] Well, that's very sweet. A lot of what I say on the air is hard-hitting and controversial. I'm called upon to be the tough lawyer. But I really am a marshmallow. A vegan marshmallow, that is. Not the gelatin kind.

New York–based freelance writer Michael Kaminer is waiting for someone to start an online discussion of his eating habits.

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